HOORVIA — MEAT INTERNAL TEMPERATURE CHART

Quick Reference Cheat Sheet • Free Printable (8.5" x 11")

MEAT	SAFE MINIMUM	REST	NOTES
Beef steak / roast	145°F / 63°C	3 min	Medium-rare is a preference above this minimum, not below it
Lamb steak / roast	145°F / 63°C	3 min	Same minimum as beef
Pork chops / roast / tenderloin	145°F / 63°C	3 min	A little pink at 145°F is safe after resting
Ground beef / pork / lamb	160°F / 71°C		Grinding mixes surface bacteria through the meat
Ground turkey / chicken	165°F / 74°C	—	Check several spots
Chicken breast / thigh	165°F / 74°C	—	Thickest part, away from bone
Whole chicken / turkey	165°F / 74°C	15–20 min	Check inner thigh and breast
Duck breast	165°F / 74°C	5 min	Follow poultry guidance for safety
Fish fillet / steak	145°F / 63°C	—	Or until flesh flakes easily
Shrimp / lobster / crab	145°F / 63°C	—	Flesh pearly and opaque
Ham (pre-cooked, reheat)	140°F / 60°C	—	Fresh ham: cook to 145°F + 3 min rest
Leftovers / casseroles	165°F / 74°C	—	Reheat until steaming throughout

💡 PRO TIPS

- Always check the thickest part with a food thermometer; rest meat before slicing.
- USDA safe temps: Poultry 165°F / 74°C, Ground meat 160°F / 71°C, Beef/Pork/Seafood 145°F / 63°C.

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