# HOORVIA ? USDA MEAT INTERNAL TEMP

Quick Reference Cheat Sheet · US Letter & A4 Printable

**Kitchen & Cooking · Sheet #028**

| Meat / Protein Type | Minimum Safe Internal Temp (USDA) | Resting Time Required | Culinary / Chef Target Temp | Temperature Probe Placement |
|---|---|---|---|---|
| **Poultry (Chicken & Turkey Whole or Ground)** | 165°F (73.9°C) | None required (5 mins recommended) | 165°F (Breast) / 175°F (Thighs/Dark Meat) | Thickest part of breast or thigh, avoiding bone |
| **Ground Meats (Beef, Pork, Lamb, Veal)** | 160°F (71.1°C) | None required | 160°F (No pink center) | Center of thickest patty or meatloaf |
| **Fresh Beef, Veal, Lamb (Steaks, Chops)** | 145°F (62.8°C) | 3 Minutes rest on warm board | 130°F?135°F (Medium-Rare) / 145°F (Medium) | Center of steak horizontally away from fat or bone |
| **Fresh Pork (Chops, Roasts, Loin)** | 145°F (62.8°C) | 3 Minutes rest on warm board | 145°F (Slight blush pink in center) | Thickest portion away from bone |
| **Fish & Fin Shellfish** | 145°F (62.8°C) | None required | 125°F?135°F (Salmon flakes easily with fork) | Thickest section of fillet |
| **Leftovers & Casseroles** | 165°F (73.9°C) | 2 Minutes rest | 165°F steaming hot throughout | Center of casserole dish |