HOORVIA ? USDA MEAT INTERNAL TEMPERATURE CHART: PRINTABLE SAFE TEMP REFE

Quick Reference Cheat Sheet · US Letter & A4 Printable

Kitchen & Cooking · Sheet #021

Meat / Protein	USDA Minimum Safe Temp	Chef Recommended	Rest Time
Chicken & Turkey (all cuts)	165°F	165°F (thighs 175°F for texture)	5?10 mins
Ground Beef, Pork, Lamb, Veal	160°F	160°F	3 mins
Beef Steaks & Roasts	145°F	130?135°F (medium-rare)	5?10 mins
Pork Chops, Roasts & Tenderloin	145°F	145°F (slight blush is safe)	3 mins
Lamb Chops, Roasts & Leg	145°F	130?135°F (medium-rare)	5?10 mins
Veal Chops & Roasts	145°F	135?140°F (medium)	5 mins
Duck Breast	165°F (USDA poultry rule)	135°F (medium-rare, chef style)	5 mins
Fish & Shellfish	145°F	125?135°F (flakes easily)	Serve immediately
Fresh Ham (uncooked)	145°F	145°F	3 mins
Fully Cooked Ham (reheat)	140°F	140°F	5 mins
Leftovers & Casseroles	165°F	165°F, bubbling throughout	2 mins
Egg Dishes & Quiches	160°F	160°F, fully set	Serve hot

PRO TIP: Measure the Thickest Part: Insert your thermometer into the thickest part of the meat without touching bone ? bone conducts heat and gives falsely high readings that can leave the center undercooked.