PulseNet

Series 3

Cook

Department of Health and Human Services

CDC & ATSDR

Cook

The only way to be sure cooked food is safe to eat is by using a food thermometer. A food thermometer will help you make sure your food has reached a high enough temperature to kill harmful bacteria.

145°F--Beef, lamb, and veal steaks and roasts

160°F--Ground beef, pork, veal, and lamb; pork chops, ribs, and roasts; egg dishes

165°F--Ground turkey and chicken; stuffing, casseroles, and leftovers

170°F--Chicken and turkey breasts

180°F--Chicken and turkey- whole bird, legs, thighs, and wings

Remember: It's safe to bite IF the temperature is right.