

Safe Cooking Temperatures

Learning the right temperatures keeps food safe and prevents illness.

Why Temperature Matters

- Cooking meat to the correct internal temperature kills harmful bacteria.
- Color is **not** a safe way to tell if meat is done.
- A **food thermometer** is the best tool for checking doneness.

Beef

Steaks, Roasts, and Chops

- **Minimum safe temperature: 145°F**
- **Important:** Let rest for 3 minutes before eating.

Ground Beef

- **Minimum safe temperature: 160°F**

Pork

Pork Chops, Roasts, Tenderloin

- **Minimum safe temperature: 145°F**
- **Important:** Let rest for 3 minutes before eating.

Ground Pork

- **Minimum safe temperature: 160°F**

Lamb

Lamb Chops, Roasts, Steaks

- **Minimum safe temperature: 145°F**
- **Important:** Let rest for 3 minutes before eating.

Ground Lamb

- **Minimum safe temperature: 160°F**

Chicken & Turkey

All Cuts (Breast, Thighs, Wings, Drumsticks, Ground Meat, Whole Bird)

- **Minimum safe temperature: 165°F**

Seafood

Fish (whole or fillets)

- **Safe temperature: 145°F**
- **Also safe when it flakes easily with a fork.**

Shrimp, Crab, Lobster

- **Cook until white, opaque, or pearly.**

Clams, Mussels, Oysters (In Shell)

- **Cook until shells open.**
- **Throw away any that stay closed.**

Scallops

- **Cook until milky white and firm**

How to Use a Food Thermometer

- Insert it into the **thickest part** of the meat.
- Avoid touching bone or fat.
- Wait until the number stops rising.
- Clean the thermometer after each use.



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