



Food Temperatures

- ▶ Food must be cooked to the correct minimum internal temperature* to reduce dangerous microorganisms.
- ▶ Minimum internal temperatures vary by food type.
- ▶ Always use a calibrated thermometer to measure temperatures.

Poultry		Whole or ground chicken, turkey, and duck	Internal temperature 165°F for 15 seconds
Ground Meat		All ground meat (other than poultry)	Internal temperature 155°F for 15 seconds
Pork, beef, veal, lamb		Steaks and Chops	Internal temperature 145°F for 15 seconds
		Roasts	Internal temperature 145°F for 4 minutes
Fish			Internal temperature 145°F for 15 seconds
Eggs		Immediate service	Internal temperature 145°F for 15 seconds
		Hot holding	Internal temperature 155°F for 15 seconds

*Minimum internal temperatures based on NAVMED P-5010, Chapter 1 standards.
All Photos courtesy of [Food Safety and Inspection Service](http://www.fsis.usda.gov), USDA.

For more information, resources and tools on food safety:

- ▶ Visit <http://www.med.navy.mil/sites/nmcphc/program-and-policy-support/food-sanitation-and-safety/Pages/default.aspx>
- ▶ Contact your local Military Treatment Facility's Preventive Medicine office