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**

For more information, resources and tools on food safety:
►Visit NMCPHC PPS-EH Food Sanitation and Safety
►Contact your local Military Treatment Facility's Preventive Medicine office