

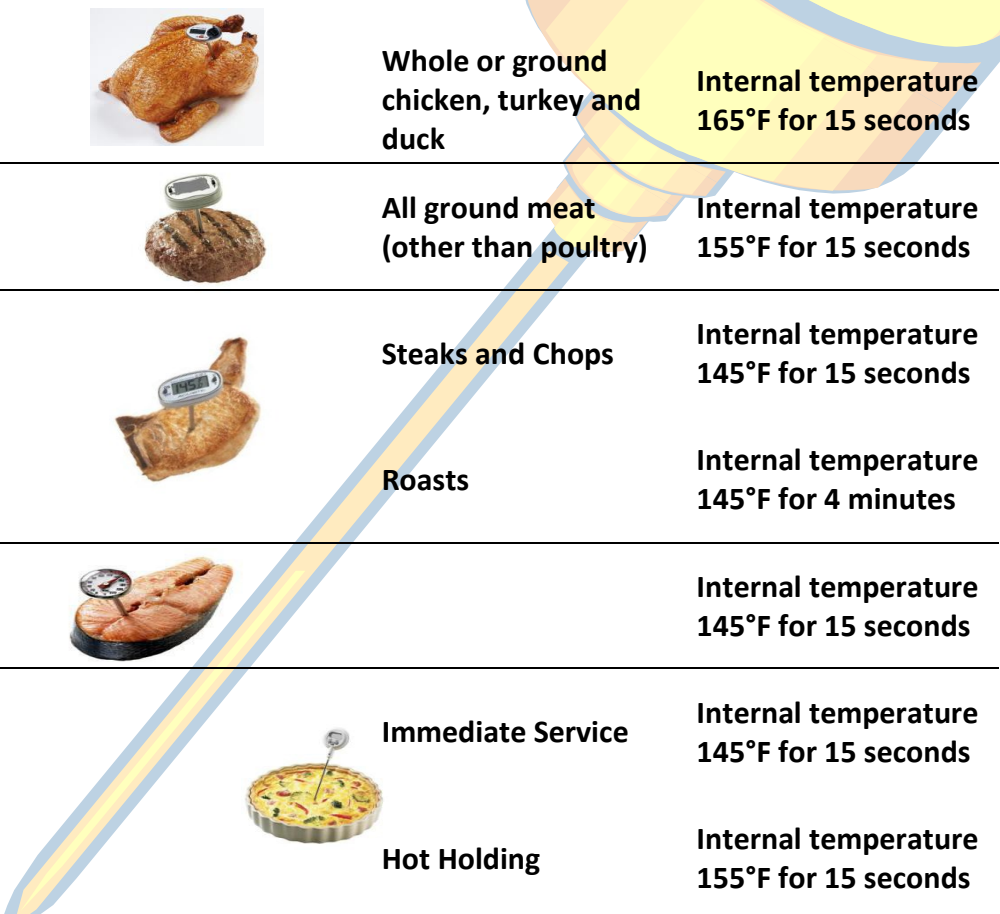







# NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

## IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION

### 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.



<b>Poultry</b>		<b>Whole or ground chicken, turkey and duck</b>	<b>Internal temperature 165°F for 15 seconds</b>
<b>Ground Meat</b>		<b>All ground meat (other than poultry)</b>	<b>Internal temperature 155°F for 15 seconds</b>
<b>Pork, Beef, Veal, Lamb</b>		<b>Steaks and Chops</b>	<b>Internal temperature 145°F for 15 seconds</b>
		<b>Roasts</b>	<b>Internal temperature 145°F for 4 minutes</b>
<b>Fish</b>			<b>Internal temperature 145°F for 15 seconds</b>
<b>Eggs</b>		<b>Immediate Service</b>	<b>Internal temperature 145°F for 15 seconds</b>
		<b>Hot Holding</b>	<b>Internal temperature 155°F for 15 seconds</b>

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