

Meat Cooking Temperature Chart: The Safe Way to Grill (2025)

Don't guess when you're cooking meat, especially when grilling or roasting. This chart lays out the minimum internal temperatures for various meats, poultry, and seafood. Hitting these marks ensures your food is safe from harmful bacteria, giving you peace of mind with every delicious bite. Grab a reliable food thermometer – it's your best friend in the kitchen.

TYPE OF FOOD ↑↓	MIN. TEMP (°F)	MIN. TEMP (°C)	REST TIME	IMPORTANT NOTES ↑↓
Beef, Pork, Veal, Lamb (Steaks, Chops, Roasts)	145°F	63°C	3 minutes	This temperature ensures medium-rare to medium doneness while killing harmful bacteria. The rest period allows juices to redistribute, keeping the meat tender and flavorful.
Ground Meat (Beef, Pork, Veal, Lamb)	160°F	71°C	None	Ground meats demand a higher temperature because grinding distributes bacteria throughout the product, not just on the surface, making thorough cooking vital for safety.
Poultry (Whole Chicken, Turkey, Duck)	165°F	74°C	10-20 minutes	Reaching 165°F across all parts guarantees safety for poultry. Check the thickest part of the thigh, not touching bone. Resting a whole bird helps retain moisture, resulting in a much juicier meal.
Poultry (Parts, Ground Chicken/Turkey)	165°F	74°C	None	All poultry, from breasts to thighs and ground products, must hit 165°F to eliminate common poultry-borne pathogens like Salmonella. No shortcuts here.
Fresh Ham (Raw)	145°F	63°C	3 minutes	Similar to other whole cuts of meat, fresh ham needs 145°F to be safe. Don't confuse it with pre-cooked ham you're just reheating.
Pre-cooked Ham (to reheat)	140°F	60°C	None	If it's already cooked, you just need to reheat it thoroughly to 140°F. If the package says 'cook before eating' or 'do not reheat,' aim for 165°F instead for safety.
Fish & Seafood	145°F	63°C	None	Cooking fish to 145°F, or until it easily flakes with a fork, makes it safe to eat and prevents an unappetizing raw texture. Overcooking dries it out quickly, so watch it closely.
Egg Dishes (Frittatas, Quiches, Casseroles with eggs)	160°F	71°C	None	Egg dishes need to reach 160°F to ensure any potential Salmonella is destroyed, resulting in a firm, safe product. Cook until there's no visible liquid egg.
Leftovers & Casseroles	165°F	74°C	None	Reheating these to 165°F ensures any bacteria that may have grown during cooling are killed, making them safe for a second meal. Always reheat until steaming hot throughout.

9 rows