

Meat Temperature Chart: The Secret to Perfect Cooking (2025)

This chart provides the USDA-recommended minimum internal temperatures for various types of meat, poultry, and other dishes to ensure food safety. Keep this handy in your kitchen—you can print this out or save the PDF for quick reference. Always use a reliable meat thermometer.

Meat Type ↑↓	Item / Cut ↑↓	Min. Temp (°F) ↑↓	Min. Temp (°C) ↑↓	Rest Time (min) ↑↓	Notes ↑↓
Beef, Pork, Lamb, Veal	Steaks, Chops, Roasts (whole cuts)	145°F	63°C	3 minutes	This temperature is for food safety. For a specific doneness (like medium-rare beef), you might remove it at a slightly lower temp, knowing it'll rise during the rest.
Beef, Pork, Lamb, Veal	Ground Meat	160°F	71°C	None	Hitting this temperature is critical for safety because grinding meat increases its surface area, raising the risk of bacterial exposure.
Poultry	Whole Chicken or Turkey	165°F	74°C	15-30 minutes	Check the thickest part of the thigh, making sure not to touch the bone. Resting helps the juices redistribute, making for a more succulent bird.
Poultry	Ground Poultry, Parts (breasts, thighs)	165°F	74°C	0-5 minutes	Ground poultry must always reach 165°F. Individual parts will benefit from a short rest to stay juicy.
Pork	Fresh Ham (raw)	145°F	63°C	3 minutes	Just like other whole cuts, a rest period is needed to finish cooking and improve texture.
Pork	Precooked Ham (to reheat)	140°F	60°C	None	Since it's already cooked, you're just reheating it to a safe and enjoyable serving temperature.
Fish & Shellfish	All Types	145°F	63°C	None	Cook until the flesh turns opaque and flakes easily with a fork. Overcooking makes fish dry.
Other	Egg Dishes	160°F	71°C	None	Ensure eggs are fully set and not runny to prevent foodborne illness.
Other	Leftovers & Casseroles	165°F	74°C	None	Reheat thoroughly until the dish is steaming hot all the way through—this ensures any bacteria are killed.

9 rows