

Keep Your Family Safe

“Is it **done** yet?”

You can't tell by looking.
Use a food thermometer to be sure.

USDA Recommended Internal Temperatures

- 145 °F Beef, lamb & veal steaks & roasts, medium rare (medium–160 °F).
- 160 °F Ground beef, pork, veal & lamb. Pork chops, ribs & roasts. Egg dishes.
- 165 °F Ground turkey & chicken. Stuffing & casseroles. Leftovers.
- 170 °F Chicken & turkey breasts.
- 180 °F Chicken & turkey, whole bird, legs, thighs & wings.

www.IsItDoneYet.gov



**United States
Department of
Agriculture**

Food Safety
and Inspection
Service

USDA is an equal
opportunity provider
and employer.

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**USDA Meat &
Poultry Hotline**
1-888-MPHotline
(1-888-674-6854)



145 °F



160 °F



160 °F



170 °F



180 °F

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