



Minimum Cook Temperatures

Cooking food to the required minimum internal temperature is the only way to reduce the number of foodborne pathogens (bacteria or viruses) to a safe level.

The minimum internal temperature at which foodborne pathogens are destroyed varies with each food. These temperatures must be reached and held for a specific amount of time. Use a properly calibrated thermometer to measure the internal temperature of the food. Measure the internal temperature in the thickest part of the food and take at least two readings in different locations.

Cooking Requirements for Specific Types of Food:

Food:	Minimum Internal Temperature:	Specific Time:
Poultry (whole or ground chicken, turkey or duck)	165°F (74°C)	15 Seconds
Stuffing/stuffed meats, seafood, poultry or pasta	165°F (74°C)	15 Seconds
Any food reheated	165°F (74°C)	15 Seconds
Ground beef /eggs hot-held for future service	155°F (68°C)	15 Seconds
Ground/chopped/minced seafood	155°F (68°C)	15 Seconds
Injected meats	155°F (68°C)	15 Seconds
Steaks/chops (beef, pork, veal, lamb)	145°F (63°C)	15 Seconds
Seafood (fish, shellfish, crustaceans)	145°F (63°C)	15 Seconds
Roasts (beef, pork, veal, lamb)	145°F (63°C)	4 Minutes
Eggs for immediate service	145°F (63°C)	15 Seconds
Fruit/vegetables hot-held for future service	135°F (60°C)	15 Seconds
Commercially processed, ready to eat foods hot-held for future service	135°F (60°C)	15 Seconds

For more information, call the Guilford County Department of Health and Human Services, Public Health Division at 336-641-3771.