

SAFE INTERNAL COOKING TEMPERATURES



Cook or reheat food to the correct minimum internal temperature to ensure harmful pathogens are reduced to a safe level. Use a clean, calibrated thermometer to verify food temperatures.

165°F

≥ 165°F (instantaneous):

- Poultry (includes baluts, whole or ground: chicken, turkey, ostrich, game birds)
- Wild game animals
- Casseroles, stuffing, stuffed foods
- Reheating cold foods within 2 hours



158°F

≥ 158°F (instantaneous):

- Ground meat (all ground meat or fish)
- Mechanically tenderized or flavor injected meats
- Eggs made in a batch for more than one person



145°F

≥ 145°F for 15 seconds:

- Fish, seafood, steaks, roasts, pork
- Eggs made to order for a customer



135°F

≥ 135°F (instantaneous):

- Commercially processed, ready-to-eat food like hotdogs or canned chili that will be kept hot
- Fruits, vegetables, grains, and beans that will be kept hot



Questions? Contact EH&S at 206-543-7262 or phdept@uw.edu

