

## Safe Internal Cooking Temperatures Chart

<b>Ground Meat &amp; Meat Mixtures</b> (for example, burgers, sausages, meatballs, meatloaf, beef minute steak and casseroles)	
Beef, Veal, Lamb and Pork	71°C (160°F)
Turkey, Chicken	74°C (165°F)
<b>Fresh Beef, Veal, Lamb (pieces and whole cuts)</b> Includes mechanically tenderized beef. Turn steaks over at least twice during cooking.	
Medium - Rare	63°C (145°F)
Medium	71°C (160°F)
Well Done	77°C (170°F)
<b>Fresh Pork (for example, ham, pork loin, ribs)</b>	
Pork (pieces and whole cuts)	71°C (160°F)
<b>Ham</b>	
Fresh (raw)	71°C (160°F)
Pre-Cooked (to reheat)	74°C (165°F)
<b>Poultry (for example, chicken, turkey, duck)</b>	
Pieces	74°C (165°F)
Whole	82°C (180°F)
Duck & Goose	82°C (180°F)
Stuffing, cooked alone or in bird	74°C (165°F)
<b>Raw Breaded Chicken Products</b>	
Raw Product (Do not microwave)	74°C (165°F)
<b>Seafood</b>	
Fish	70°C (158°F)
Shellfish (for example, shrimp, lobster, crab, scallops, clams, mussels and oysters) (Since it is difficult to use a food thermometer to check the temperature of shellfish, discard any that do not open when cooked.)	74°C (165°F)
<b>Egg</b>	
Egg dishes & casseroles	74°C (165°F)
<b>Leftovers, Casseroles and Others (for example, hot dogs, stuffing, leftovers)</b>	
Reheated	74°C (165°F)
<b>Game Chops, Steaks and Roasts (deer, elk, moose, caribou/reindeer, antelope and pronghorn)</b>	
Well Done	74°C (165°F)
<b>Ground Meat</b>	
Ground Meat and Meat Mixtures	74°C (165°F)
Ground Venison and Sausage	74°C (165°F)
<b>Large Game</b>	
Bear, Bison, Musk-Ox, Walrus, etc.	74°C (165°F)
<b>Small Game</b>	

Rabbit, Muskrat, Beaver, etc.	74°C (165°F)
<b>Game Birds/Waterfowl (for example, wild turkey, duck, goose, partridge and pheasant)</b>	
Whole	82°C (180°F)
Breasts and Roasts	74°C (175°F)
Thighs, Wings	74°C (165°F)
Cooking temperatures provided by Health Canada Modified: 2017-01-12	