

# Minimum Cooking Temperature Chart

Cooked food item	Type of food	Minimum cooking temperature (°C)	Minimum cooking temperature (°F)
Meat	Steak/chops	63°C	145°F
	Roasts	63°C	145°F
	Ground meat (pork & beef)	68.3°C	155°F
	Stuffed meats (pork & beef)	68.3°C	155°F
	Injected meats (pork & beef)	68.3°C	155°F
	Ham	71°C	160°F
Poultry	Chicken/turkey	74°C	165°F
	Duck/goose	74°C	165°F
Seafood	Fish	63°C	145°F
Eggs	Eggs	71°C	160°F
Others	Mixture of ingredients	74°C	165°F
	Leftovers	74°C	165°F