

# COOKING TEMPERATURES

Internal Food Cooking Temperatures  
(Use a meat thermometer to check)

Product	Variety	Celsius	Fahrenheit
Ground Meat and Meat Mixtures	Turkey, chicken	74	165
	Veal, beef, lamb, pork	71	160
Beef	All cuts	60 - 74	140 - 165
Veal	All cuts	60 - 74	140 - 165
Lamb/Goat	All cuts	60 - 74	140 - 165
Pork	All cuts	71	160
Poultry	Chicken, whole	82	180
	Turkey, whole	82	180
	Poultry breasts	74	165
	Poultry thighs, wings	Cook until juices run clear	Cook until juices run clear
	Stuffing (cooked alone, or in bird)	74	165
	Duck, goose, pheasant	82	180
Ham	Fresh (raw)	71	160
	Pre-cooked (to reheat)	60	140
Seafoods	Fish, shellfish and other seafood	70	158

## OTHER RESOURCES

- Ontario Ministry of Health and Long Term Care  
[www.health.gov.on.ca](http://www.health.gov.on.ca)
- Canadian Food Inspection Agency  
[www.inspection.gc.ca](http://www.inspection.gc.ca)
- Consumer Food Safety Education  
<http://www.canfightbac.org/>



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[www.nwhu.on.ca](http://www.nwhu.on.ca)  
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