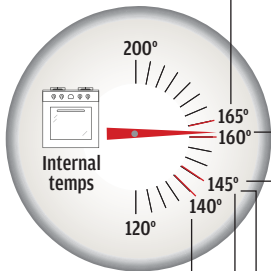


Product minimum internal temperature, rest time



All Poultry (breasts, whole bird, legs, thighs, wings, ground poultry, giblets, and stuffing):



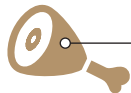
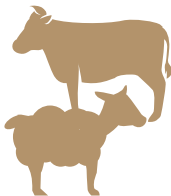
165°



Ground Meats:
160°

Beef, Pork, Veal & Lamb steaks, chops, roasts:

145°, allow resting for at least 3 minutes



Fully Cooked Ham

(to reheat): Reheat cooked hams packaged in USDA-inspected plants to 140° and all others to 165°

Fish & Shellfish:

145°



Ham, fresh or smoked (uncooked):
145° and allow to rest for at least 3 minutes

