

# Cooking Temperatures



## 165°F

(74°C)

- Chicken, turkey, duck and goose
- Stuffed meat: poultry, fish and pasta
- Reheated foods



## 155°F

(68°C)

- Ground beef, meatloaf
- Eggs for hold holding
- Chorizo and sausage
- Ground fish



## 145°F

(63°C)

- Whole muscle beef, lamb, veal, pork, ham
- Fish, shellfish
- Eggs

  
**15 Second Rule**  
Cook to temperature for  
at least 15 seconds

  
**SUMMIT COUNTY**  
Public Health