

# Meat Temperature Chart

My favorite Meat Thermometer: [ThermoPro Digital Meat Thermometer](#)

## BEEF

(steaks & roasts)

<b>RARE</b> 120-125°F	<b>MEDIUM RARE</b> 130-135°F	<b>MEDIUM</b> 140-145°F	<b>MEDIUM WELL</b> 150-155°F	<b>WELL DONE</b> 155-160°F
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allow to rest for at least 3-5 minutes

## PORK

(roasts & chops)

<b>MEDIUM RARE - USDA</b> 145°F	<b>WELL DONE</b> 160°F	<b>PULLED PORK / CARNITAS</b> 180-205°F
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## GROUND MEAT

(beef or pork)

160°F

## ALL POULTRY

(ground or whole)

165°F

## SEAFOOD

(fish & shellfish)

145°F

## HAM

(fully cooked & reheated)

140°F

## LEFTOVERS

(or casseroles)

165°F

## HOLDING TEMP

(for cooked food)

140°F

## SAFE FOOD HANDLING

- ✓ Wash hands and surfaces often.
- ✓ Separate raw meat from other foods.
- ✓ Cook to the right temperature.
- ✓ Refrigerate food promptly.

### QUICK TIP

Place food thermometer in thickest part of the meat, away from bone, fat or gristle.

Source: USDA