

Safe internal temperatures



Type of food	Minimum internal temp	Rest time
Poultry breasts, whole bird, legs, thighs, wings, ground poultry, giblets and stuffing	165 F (73.9 C)	None
Beef, pork, lamb steaks, chops and roasts	145 F (62.8 C)	3+ minutes
Ground meats	160 F (71.1 C)	None
Uncooked ham fresh or smoked	165 F (73.9 C)	3+ minutes
Fully cooked ham to reheat	140 F (60 C) USDA-inspected 165 F (73.9 C) all others	None