

## Safe internal cooking temperature

|                                                                                                                                                                            | Minimum safe temperature | Characteristics                                                           |                                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------|---------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <b>Beef, veal, lamb</b> <ul style="list-style-type: none"><li>• Whole cuts (e.g., roasts) or pieces (e.g., steaks, chops)</li></ul>                                        | 63°C (145°F)             | Medium rare                                                               | Mechanically tenderized beef and veal must be turned at least twice during cooking. |
|                                                                                                                                                                            | 71°C (160°F)             | Medium                                                                    |                                                                                     |
|                                                                                                                                                                            | 77°C (170°F)             | Well done                                                                 |                                                                                     |
| <b>Ground meat or meat mixtures (beef, veal, pork, lamb)</b> <ul style="list-style-type: none"><li>• E.g., hamburgers, sausages, meatballs, meatloaf, casseroles</li></ul> | 71°C (160°F)             | The centre of the meat and the juice that flows from it must not be pink. |                                                                                     |
| <b>Pork</b> <ul style="list-style-type: none"><li>• Whole cuts or pieces (e.g., ham, loin, ribs)</li></ul>                                                                 | 71°C (160°F)             |                                                                           |                                                                                     |
| <b>Poultry (chicken, turkey, duck, and game birds)</b> <ul style="list-style-type: none"><li>• Ground or in pieces (e.g., legs, breasts, drumsticks)</li></ul>             | 74°C (165°F)             |                                                                           |                                                                                     |
| <ul style="list-style-type: none"><li>• Whole bird</li></ul>                                                                                                               | 82°C (180°F)             | Juice should run clear, and meat should easily separate from the bone.    |                                                                                     |

|                                                                                                                                        | Minimum safe temperature | Characteristics                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------|--------------------------|-----------------------------------------------------------------------------------------------------------------------|
| <b>Wild or farmed game meat (deer, rabbit, boar)</b> <ul style="list-style-type: none"> <li>• Whole cuts, pieces, or ground</li> </ul> | 74°C (165°F)             |                                                                                                                       |
| <b>Fish</b>                                                                                                                            | 70°C (158°F)             |                                                                                                                       |
| <b>Seafood</b>                                                                                                                         | 74°C (165°F)             | The shells of shellfish (e.g., oysters, mussels, clams) must open during cooking.                                     |
| <b>Smoked sausages (hot dogs)</b>                                                                                                      | 74°C (165°F)             | Make sure that liquid from sausage packages doesn't leak onto other foods or cooking equipment.                       |
| <b>Egg and cheese-based dishes, stuffing</b>                                                                                           | 74°C (165°F)             | It is preferable to cook stuffing separately from poultry.                                                            |
| <b>Leftovers</b>                                                                                                                       | 74°C (165°F)             | Soups, sauces, and dishes with sauce must be reheated to the boiling point.<br>Never reheat leftovers more than once. |