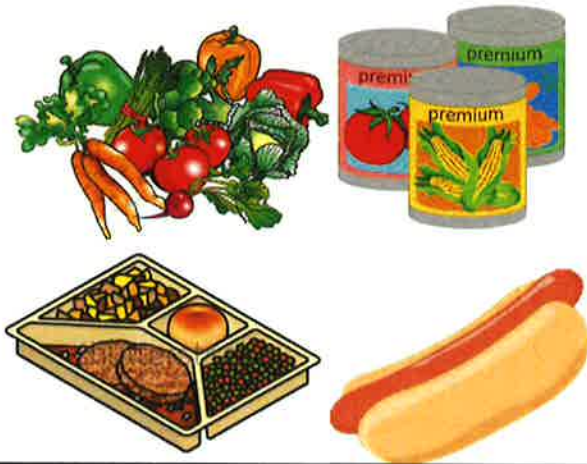
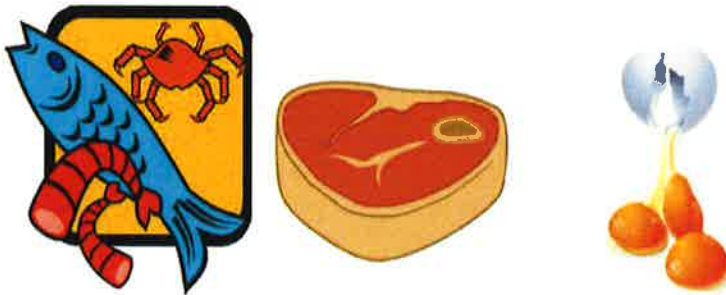


# Proper Cooking Temperatures



Vegetables, Precooked Foods,  
Commercial Processed Ready-  
to-Eat Foods

**135°F**



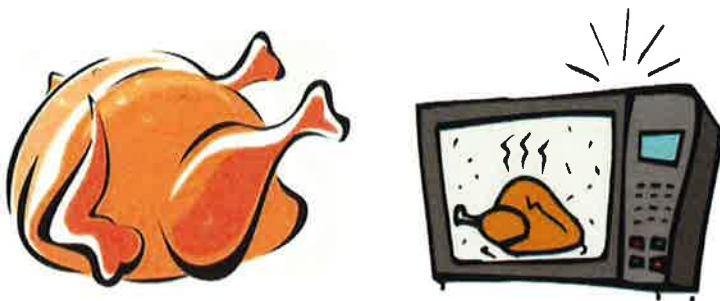
In Shell Eggs, Fish, Shellfish,  
Whole Beef, Whole Pork, Whole  
Lamb

**145°F**



Ground Beef, Ground Pork, All  
Ground Meat

**155°F**



Poultry, Stuffed Foods, Reheated  
Leftovers, Microwaved Foods,  
Mixed Foods (stews, casseroles)

**165°F**