

MEAT TEMPERATURE GUIDE

FOOD	DESCRIPTION	USDA GUIDELINES	OTHER SOURCES	
Ground Beef, Pork, Veal, Lamb		160°	160°	
Ground Turkey, Chicken		165°	165°	
Beef, Veal, Lamb	Rare		115°–125° + rest 3 min	<i>Bright red center, soft to touch</i>
	Medium rare		130°–135°	<i>Pink center, yields slightly to touch</i>
	Medium		135°–140°	<i>Light pink center, a little more firm to touch</i>
	Medium well	145° + rest 3 min	145° + rest 3 min	<i>Mostly gray center with a little pink, firm to touch</i>
	Well done		155°+	<i>Completely gray, firm to touch</i>
Pork	Medium rare	145°	145° + rest 3 min	
	Medium		150°	
	Well done		160°+	
Poultry		165°	165°	<i>When juices run clear</i>
Ham		145°	160°	
Pre-cooked ham		140°	140°	