

APPLY THE HEAT . . . AND *FIGHT BAC!*

*Cooking food to the proper temperature will kill harmful bacteria. So **Fight BAC** by thoroughly cooking your food and using a thermometer to check the internal temperature at the thickest part of the meat **not** next to a bone.*

Use the following chart to determine cooking temperatures (these temperatures are the minimum requirement for the particular meat product):

Raw Food Product	Internal Temperature
GROUND PRODUCTS	
Hamburger	155 degrees F.
Beef, veal, lamb, pork	155 degrees F.
Chicken, turkey	165 degrees F.
BEEF, VEAL, LAMB	
Roasts & Steaks	
<i>medium-rare</i>	145 degrees F.
<i>medium</i>	155 degrees F.
<i>medium-well</i>	165 degrees F.
<i>well-done</i>	175 degrees F.
PORK	
Chops, Roasts, Ribs	
<i>medium</i>	155 degrees F.
<i>medium-well</i>	165 degrees F.
<i>well-done</i>	175 degrees F.
Ham, fresh	155 degrees F.
Sausage, fresh	155 degrees F.
POULTRY	
Chicken, whole & pieces	165 degrees F.
Duck	165 degrees F.
Turkey, whole (un-stuffed)	180 degrees F.
pieces	165 degrees F.
Turkey, whole (stuffed)	
Center of stuffing must reach	165 degrees F.
stuffing best cooked separately	165 degrees F.
EGGS	
Fried, poached, scrambled	
Yolk and White must be firm	145 degrees F.
Casseroles	155 degrees F.
Sauces, custards	155 degrees F.