

Meat Temperature Guide



CHICKEN INTERNAL TEMPERATURE

165 °F



GROUND MEAT INTERNAL TEMPERATURE

145 °F-165 °F

MEDIUM RARE BURGER 145 °F
GROUND CHICKEN OR TURKEY 165 °F



PORK INTERNAL TEMPERATURE

PORK TENDERLOIN, PULLED PORK

145 °F-205 °F

PORK CHOPS OR TENDERLOIN 145 °F
PULLED PORK 205 °F



SEAFOOD INTERNAL TEMPERATURE

125 °F-145 °F

SALMON 130 °F-135 °F



STEAK INTERNAL TEMPERATURE

130 °F-165 °F

RARE 130 °F-135 °F MEDIUM 155 °F
MEDIUM RARE 140 °F WELL DONE 165 °F