

Proper Cooking Temperatures

Poultry (165°F): Chicken, turkey, ground chicken/turkey, chicken/turkey sausages, turkey bacon



Ground Meat (155°F): Hamburgers, sausages, meatloaf



Eggs (155°F): Scrambled, fried, poached



Whole Cuts of Beef and Pork (145°F): Steaks, chops, roasts



Seafood (145°F): Fish, shrimp, lobster, crab



Temperaturas Seguras de los Alimentos

Aves (165°F): Pollo, pavo, pato



Carne molida (155°F): Hamburguesas, salchichas, pastel de carne



Huevos (145°F): Revueltos, fritos, escalfados



Cortes Enteros de Carne de Res y Puerco (145°F): Bistec, chuletas, asadas



Mariscos (145°F): Pescado, camarón, langosta, cangrejo

