

Safe Cooking Temperatures

Ground Meat and Mixtures	
Ground beef, pork, veal, lamb	71°C (160°F)
Ground turkey, chicken	74°C (165°F)
Fresh Beef, Veal, Lamb	
Beef, veal, lamb; roasts and steaks	Medium Rare 63°C (145°F)
	Medium 71°C (160°F)
	Well Done 77°C (170°F)
Poultry	
Chicken and Turkey, whole	85°C (185°F)
Poultry parts	74°C (165°F)
Duck and Goose	74°C (165°F)
Stuffing (cooked alone or in bird)	74°C (165°F)
Fresh Pork	
Medium	71°C (160°F)
Ham	
Fresh (raw)	71°C (160°F)
Pre-cooked (to reheat)	74°C (165°F)
Eggs and Egg Dishes	
Egg dishes and casseroles	74 °C (165 °F)
Seafood	
Fin fish	70°C (158°F)
Shrimp, Lobster and Crabs	74°C (165°F)
Clams, Oysters and Mussels	Shells open during cooking time
Leftovers and Casseroles	
All left over foods	74°C (165°F)

(Cooking temperatures provided by Health Canada)



For more information on food safety at home, contact

York Region Health Connection at
1-800-361-5653 TTY: 1-866-252-9933

or visit www.york.ca/foodsafety

