Cooking Times and Temperatures

165°F
- **Temperature:** 165°F
- **Time:** at least 15 seconds
- **Foods:**
  - Poultry (chicken, turkey, duck, fowl)
  - Stuffing made with potentially hazardous foods (TCS foods) like meat stocks or broths
  - Dishes made from previously cooked foods

155°F
- **Temperature:** 155°F
- **Time:** at least 15 seconds
- **Foods:**
  - Ground meat, seafood, or ostrich meat
  - Injected, marinated, or tenderized meats
  - Eggs that will be hot-held for service

145°F
- **Temperature:** 145°F
- **Time:** at least 15 seconds
- **Foods:**
  - Whole seafood
  - Beef, pork, veal, lamb (steaks and chops)
  - Roasts (4 minutes)
  - Eggs that will be served immediately

135°F
- **Temperature:** 135°F
- **Time:** at least 15 seconds
- **Foods:**
  - Commercially processed, ready-to-eat food that will be hot-held
  - Fruits, vegetables, grains, and legumes that will be hot-held

Note: Refer to the FDA Food Code for acceptable alternate temperatures and cooking times.