# Cooking Temperatures

Food must reach the correct internal temperature and stay there for a specific amount of time.

<table>
<thead>
<tr>
<th>Food Category</th>
<th>Temperature and Holding Time</th>
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| **Fruit, vegetables, grains, and beans being hot-held**
Includes rice and pasta | 135°F (57°C) |
| **Pork, beef, veal and lamb**
Steaks/chops 15 seconds
Roasts 4 minutes | 145°F (63°C) |
| **Seafood and shell eggs for immediate service**
Includes fish, shellfish, and crustaceans | 145°F (63°C) for 15 seconds |
| **Ground meat and shell eggs being hot-held**
Includes beef, pork, and other meat | 155°F (68°C) for 17 seconds |
| **Poultry**
Includes whole or ground chicken, turkey, or duck | 165°F (74°C) for <1 second |