

Cooking Temperatures

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

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