



# Is it done yet? You can't tell just by looking!

Use a food thermometer to check for the safe minimum internal temperature.

## Fish



Salmon, Catfish, Walleye, Whitefish, Halibut, & Cod

**145 °F**

## Red Meat



Beef, Pork, & Bison (Steaks, Roasts, Chops, & Smoked Pit Ham)

**145 °F**

(with a 3-minute rest time)

## Ground Meat



Beef, Pork, & Bison (Ground)

**160 °F**

## Egg Dishes



Fresh Shell Eggs & Dried Egg Mix

**160 °F**

## Poultry



Turkey, Chicken, & Duck (Whole, Pieces, & Ground)

**165 °F**

## Casseroles



This also applies to reheating leftovers.

**165 °F**

Have more questions? Visit the USDA Food Safety and Inspection Service (FSIS) website at [www.FSIS.usda.gov](http://www.FSIS.usda.gov) or contact the USDA Meat and Poultry Hotline at **1-888-MPHotline (1-888-674-6854)** or [MPHotline@usda.gov](mailto:MPHotline@usda.gov)