



# Cooking Temperatures

Cook food to a minimum internal temperature of:



	• Whole Poultry (chicken, turkey)	82°C	180°F
	• Poultry pieces or ground poultry	74°C	165°F
	• Hazardous food mixtures	74°C	165°F
	• Ground meats (beef, pork, lamb)	71°C	160°F
	• Pork & pork products	71°C	160°F
	• Fish	70°C	158°F

Use a probe thermometer to check cooking temperature.



[www.hnhu.org](http://www.hnhu.org) • [info@hnhu.org](mailto:info@hnhu.org)

**HealthUnit**  
Haldimand-Norfolk

