

# Internal Cooking Temperatures

Food	Temperature
Pork, Veal, Lamb	70°C (158°F)
Whole Poultry	85°C (185°F)
Poultry Pieces	77°C (170°F)
Ground Poultry	74°C (165°F)
Poultry Stuffing	74°C (165°F)
Beef steaks/roast	
Medium rare	63°C (145°F)
Medium	71°C (160°F)
Well	77°C (170°F)
Ground Meat	70°C (158°F)
Fish	70°C (158°F)
Eggs	63°C (145°F)
Egg Dishes	74°C (165°F)
Reheating all foods	74°C (165°F) within 2 hours

---

Ensure temperatures are taken from the thickest part of the food

---

The colour of the meat does not indicate doneness

---

When cooking foods such as hamburgers, insert the probe of the thermometer through the side, measuring the temperature at the centre of the food

---

REV JAN 2016

To learn more about food safety please visit:  
[novascotia.ca/nse/food-protection](http://novascotia.ca/nse/food-protection)

  
**NOVA SCOTIA**