

# Minimum Cooking Temperatures

## 135°F

- Plant foods (for hot holding)

## 145°F for 15 seconds

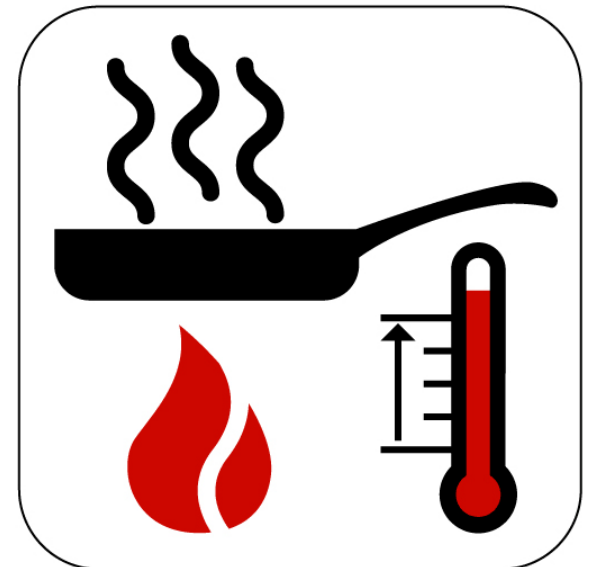
- Fish, Seafood
- Beef, Pork, Veal, Lamb (Meats)
- Eggs for immediate service

## 158°F

- Ground Fish or Meats

## 165°F

- Chicken, Turkey, Duck (Poultry)
- Stuffed and Microwaved foods



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Island County Public Health

Environmental Health – Food Safety Program