RECOMMENDED
Safe Food Temperatures

Using a food thermometer is the ONLY reliable way to ensure food safety.

165° F … Poultry, ground poultry
   Stuffing with poultry, meat & fish
   Microwave cooking & reheating
   Reheating leftovers

155° F … Ground meat & fish
   Injected meat (i.e. tenderized)

145° F … Meat, fish & raw shell eggs

135° F … Hot holding of foods

41° F … Cold holding of foods
   Meat = beef, pork & lamb
   Poultry = chicken, turkey, duck & goose

These are the minimum safe food temperatures required by the Texas Food Establishment Rules.

www.dshs.texas.gov/foodestablishments