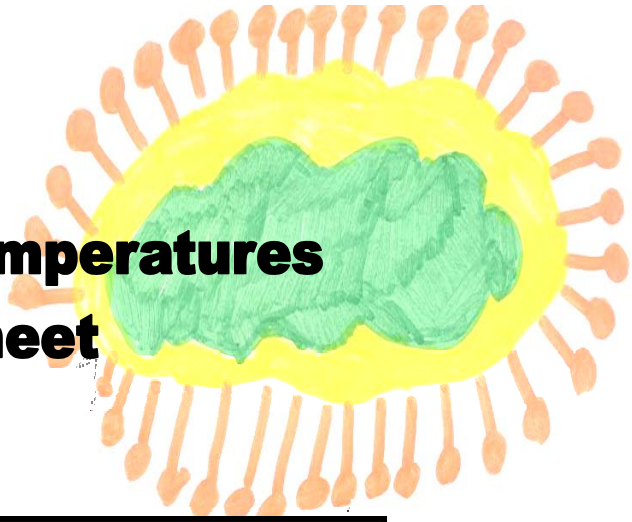
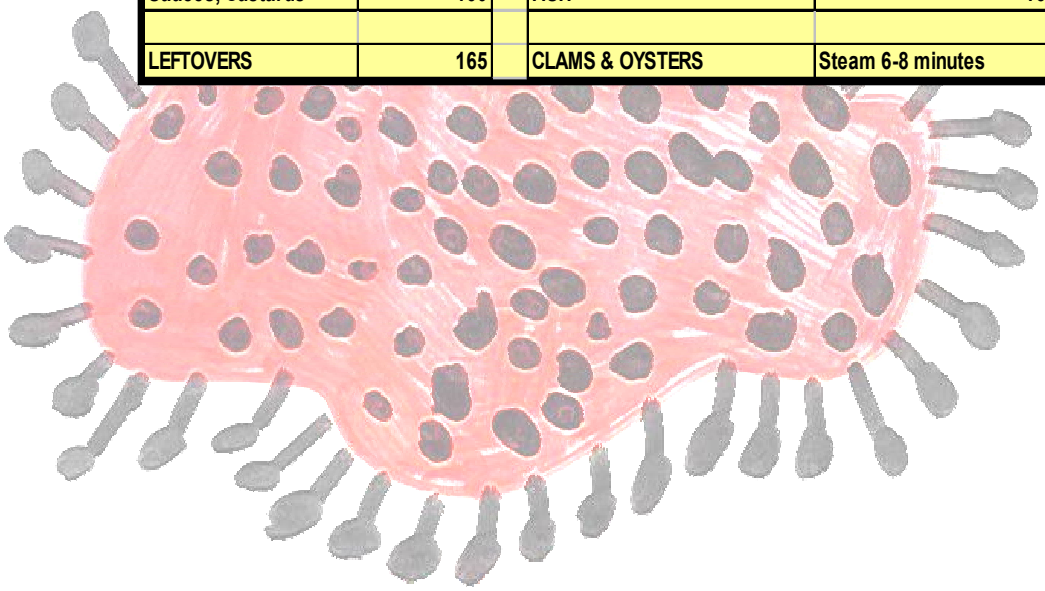


Safe Cooking Temperatures
Cheat Sheet

MEAT	TEMPS (F)		MEAT	TEMPS (F)
BEEF			POULTRY	
Medium rare	145		Ground Chicken & Turkey	165
Medium	160		Whole Chicken & Turkey	180
Well-Done	170		Boneless Turkey Roast	170
Ground	160		Poultry breasts & roasts	170
			Poultry thighs & wings	Until juices run clear
LAMB				
Medium rare	145		VEAL	
Medium	160		Medium rare	145
Well-Done	170		Medium	160
			Well Done	170
FRESH PORK				
Medium (all cuts)	160		GAME	
Well-Done	170		Deer	165
CURED PORK			Rabbit	180
Ham, raw	160		Elk & Moose	160
Ham, fully cooked	140		Duck & Goose	180
Sausage, fresh	160			
			RATITES	
EGGS			Ostrich	160
Fried, Poached	Until firm		Emu	160
Casseroles	160			
Sauces, Custards	160		FISH	160
LEFTOVERS	165		CLAMS & OYSTERS	Steam 6-8 minutes