

Safe Internal Temperatures For Meat

**Burgers/ground meat (except poultry) to
160°F (72°C)**

**Chicken and Poultry (including ground,
like turkey burgers) to 165°F (74°C)**

**Whole cuts of meat including pork to
145°F (63°C), with a 3-minute rest time
before serving**

Fish and Shellfish to 145°F (63°C)