

# Minimum Internal Cooking Temperatures

Food	Temperature	Minimum holding time
Fruits and vegetables for hot holding	135°F	
Ready-to-eat, commercially processed foods for hot holding	135°F	
Eggs for immediate consumption	145°F	15 seconds
Fish, fillets	145°F	15 seconds
Game animals, commercially raised	145°F	15 seconds
Lamb chops	145°F	15 seconds
<b>Meat roasts:</b> Whole meat roasts may be cooked to less than 145°F (4 minutes). See <a href="#">chart</a> in FDA Model Food Code (3-401.11(B)(2))		
Beef roasts	145°F	4 minutes
Cured pork roast (ham)	145°F	4 minutes
Lamb roasts	145°F	4 minutes
Pork roasts	145°F	4 minutes
Veal roasts	145°F	4 minutes
Pork chops and cutlets	145°F	15 seconds
Seafood	145°F	15 seconds
Veal chops and cutlets	145°F	15 seconds
Eggs, hot held	155°F	15 seconds
Fish, flaked	155°F	15 seconds
Hamburgers	155°F	15 seconds
Injected meats	155°F	3 minutes
Sausage	155°F	15 seconds
Poultry (chicken, duck, and turkey)	165°F	15 seconds
Reheated foods for hot holding	165°F	15 seconds
Stuffed meats, fish, poultry, and pasta	165°F	15 seconds
Stuffing made with meat, fish, or poultry	165°F	15 seconds
Any potentially hazardous food cooked in a microwave Allow item to stand covered for 2 minutes after cooking.	165°F	

