

# Temperature Rules! Cooking for Food Service



"IT'S SAFE  
TO BITE  
WHEN THE  
TEMPERATURE  
IS RIGHT!"

Hold at specified  
temperature or above  
for 15 seconds  
unless otherwise  
stated

Hold all hot food  
at **135 °F** or above  
after cooking

## Minimum Temperatures and Holding Times

### **165 °F** (15 seconds)

- Poultry—chicken, turkey, duck, goose—whole, parts or ground
- Soups, stews, stuffing, casseroles, mixed dishes
- Stuffed meat, poultry, fish and pasta
- Leftovers (to reheat)
- Food, covered, cooked in microwave oven (hold covered **2 minutes** after removal)

### **155 °F** (15 seconds)

- Hamburger, meatloaf and other ground meats; ground fish\*
- Fresh shell eggs—cooked and held for service (such as, scrambled)\*

### **145 °F** (15 seconds)

- Beef, corned beef, pork, ham—roasts (hold **4 minutes**)\*
- Beef, lamb, veal, pork—steaks or chops
- Fish, shellfish
- Fresh shell eggs—broken, cooked and served immediately

### **135 °F** (15 seconds)

- Ham, other roasts—processed, fully cooked (to reheat)
- Fruits and vegetables that are cooked

Food Safety and Inspection Service, USDA

**USDA Meat and Poultry Hotline**  
**1-888-MPHotline**

**FDA Food Information Line**  
**1-888-SAFE FOOD**



U.S. Department  
of Agriculture  
Food Safety and  
Inspection Service

[www.fsis.usda.gov/thermy](http://www.fsis.usda.gov/thermy)

USDA is an equal opportunity  
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\*For alternative times and temperatures, see the  
**FDA Food Code 2001** <http://vm.cfsan.fda.gov/~dms/foodcode.html>