

Internal Temperature Guide

FOOD TYPE	TEMPERATURE
Steak/Beef (Rare)	125° F (52° C)
Steak/Beef (Medium-Rare)	135° F (57° C)
Steak/Beef (Medium)	145° F (63° C)
Steak/Beef (Medium-Well)	150° F (66° C)
Steak/Beef (Well done)	160° F (71° C)
Chicken/Turkey	165° F (74° C)
Ground Poultry	165° F (74° C)
Pork, Veal, Lamb	145° F (63° C)
Ham (precooked)	140° F (60°C)
Fish & Shellfish	145° F (63° C)
Egg Dishes	165° F (74° C)
Leftovers/Casseroles	165° F (74° C)
Stuffing/Dressing	165° F (74° C)
Holding temp for cooked food	140°F (60°C)

creationsbykara.com

Internal Temperature Guide

FOOD TYPE	TEMPERATURE
Steak/Beef (Rare)	125° F (52° C)
Steak/Beef (Medium-Rare)	135° F (57° C)
Steak/Beef (Medium)	145° F (63° C)
Steak/Beef (Medium-Well)	150° F (66° C)
Steak/Beef (Well done)	160° F (71° C)
Chicken/Turkey	165° F (74° C)
Ground Poultry	165° F (74° C)
Pork, Veal, Lamb	145° F (63° C)
Ham (precooked)	140° F (60°C)
Fish & Shellfish	145° F (63° C)
Egg Dishes	165° F (74° C)
Leftovers/Casseroles	165° F (74° C)
Stuffing/Dressing	165° F (74° C)
Holding temp for cooked food	140°F (60°C)

creationsbykara.com

Internal Temperature Guide

FOOD TYPE	TEMPERATURE
Steak/Beef (Rare)	125° F (52° C)
Steak/Beef (Medium-Rare)	135° F (57° C)
Steak/Beef (Medium)	145° F (63° C)
Steak/Beef (Medium-Well)	150° F (66° C)
Steak/Beef (Well done)	160° F (71° C)
Chicken/Turkey	165° F (74° C)
Ground Poultry	165° F (74° C)
Pork, Veal, Lamb	145° F (63° C)
Ham (precooked)	140° F (60°C)
Fish & Shellfish	145° F (63° C)
Egg Dishes	165° F (74° C)
Leftovers/Casseroles	165° F (74° C)
Stuffing/Dressing	165° F (74° C)
Holding temp for cooked food	140°F (60°C)

creationsbykara.com

Internal Temperature Guide

FOOD TYPE	TEMPERATURE
Steak/Beef (Rare)	125° F (52° C)
Steak/Beef (Medium-Rare)	135° F (57° C)
Steak/Beef (Medium)	145° F (63° C)
Steak/Beef (Medium-Well)	150° F (66° C)
Steak/Beef (Well done)	160° F (71° C)
Chicken/Turkey	165° F (74° C)
Ground Poultry	165° F (74° C)
Pork, Veal, Lamb	145° F (63° C)
Ham (precooked)	140° F (60°C)
Fish & Shellfish	145° F (63° C)
Egg Dishes	165° F (74° C)
Leftovers/Casseroles	165° F (74° C)
Stuffing/Dressing	165° F (74° C)
Holding temp for cooked food	140°F (60°C)