

RECOMMENDED Safe Food Temperatures

Using a food thermometer is the **ONLY** reliable way to ensure food safety.

165° F ... Poultry, ground poultry
Stuffing with poultry, meat & fish
Microwave cooking & reheating
Reheating leftovers

155° F ... Ground meat & fish
Injected meat (i.e. tenderized)

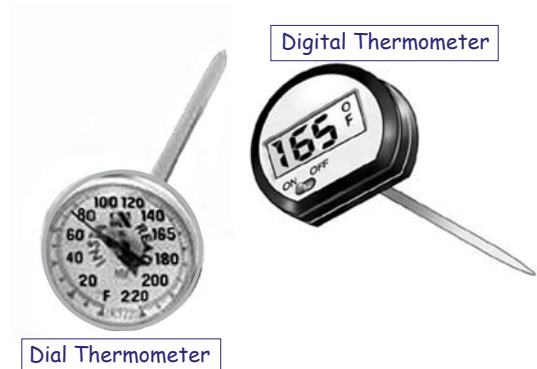
145° F ... Meat, fish & raw shell eggs

135° F ... Hot holding of foods

41° F ... Cold holding of foods

Meat = beef, pork & lamb

Poultry = chicken, turkey, duck & goose



These are the **minimum** safe food temperatures required by the Texas Food Establishment Rules.

www.dshs.state.tx.us/foodestablishments

