

Meat Doneness Temperatures Chart

Ground Meats

Beef, Pork & Lamb	160 °F	71°C
Turkey & Chicken	165 °F	74°C

Steaks and Lamb

Medium-Rare	145 °F	63°C
Medium	155 °F	68°C
Medium-Well	165 °F	74°C
Well Done	170 °F	77°C

Whole Poultry

Chicken & Turkey, Whole	180 °F	82°C
Breast Meat	170 °F	77°C
Thighs, Wings & Legs	180 °F	82°C
Duck & Goose	180 °F	82°C

Pork

Medium-Rare	150 °F	66°C
Medium	160 °F	71°C
Well Done	170 °F	77°C

Ham

Raw	160 °F	71°C
Pre-Cooked	140 °F	60°C