

# 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)

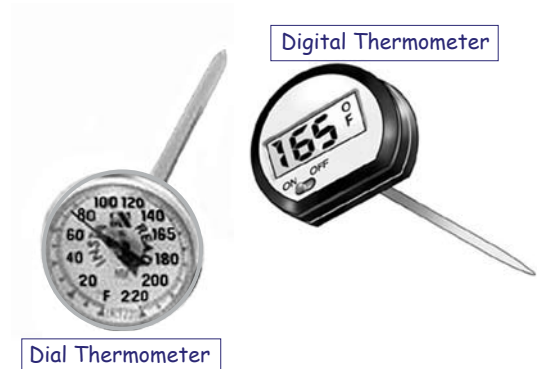
**145° F ...** Meat, fish & raw shell eggs

**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](http://www.dshs.state.tx.us/foodestablishments)

