

Area for Custom Imprint:
3.25"(w) x 1.75"(h)

RECOMMENDED
FOOD TEMPS

BEEF

(Steaks, Chops, Roasts)

Rare.....	120-130° F
Medium Rare.....	130-135° F
Medium.....	135-145° F
Medium Well.....	145-155° F
Well Done.....	+155° F

PORK

(Chops, Roasts, Fresh Hams)

Rare.....	120-130° F
Medium Rare.....	130-135° F
Medium.....	135-145° F
Medium Well.....	145-155° F
Well Done.....	+155° F

SEAFOOD

(Fish, Shellfish, Mussels, Clams, Oysters)

Fish (flaky, opaque).....	145° F
Shellfish.....	Until Opaque
Mussels, Clams & Oysters.....	Until Shells Open

POULTRY

(Breast, Legs, Wings, Thighs, Whole Bird)

Dark Meat.....	170-175° F
White Meat.....	160-165° F
Whole Breast.....	165° F
Whole Thigh.....	165-175° F
Ground.....	170° F

MISC.

Ground Meats, Burgers, Meat Loaf, Sausages.....	160° F
Leftovers, Casseroles, Pre-Cooked Hams.....	165° F
Pork Ribs & Shoulders, Beef Ribs & Briskets.....	190-205° F

The USDA recommends cooking beef, veal and lamb roasts, chops and steaks to an internal temperature of at least 145°F. It is suggested that ground beef be cooked to at least 155°F.

