

# 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)

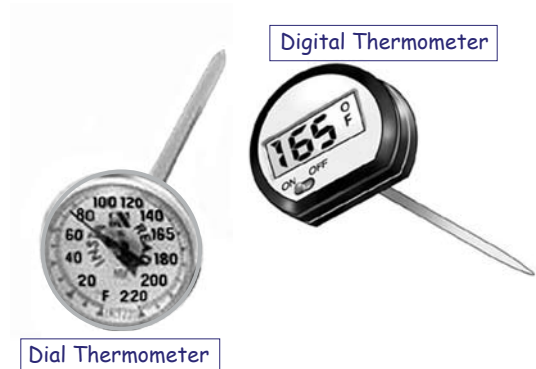
**145° F ... Meat, fish & raw shell eggs**

**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)

