

# Safe Internal Cooking Temperatures



## POULTRY

Ground & pieces  
74°C (165°F)

Whole  
82°C (180°F)



## SEAFOOD

Fish  
70°C (158°F)

Shellfish  
74°C (165°F)



## BEEF, VEAL AND LAMB (PIECES AND WHOLE CUTS)

Medium-rare  
63°C (145°F)

Medium  
71°C (160°F)

Well done  
77°C (170°F)

Ground meat  
71°C (160°F)



## PORK (PIECES AND WHOLE CUTS)

71°C (160°F)



Health  
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Santé  
Canada

Canada 