

# Cooking Temperatures

Product	Celsius	Fahrenheit
<b>Poultry, stuffing &amp; ground meats</b>	74	165
<b>Ground Meat</b> (non-poultry)	71	160
<b>Beef</b>	60 - 74	140 - 165
<b>Veal</b>	60 - 74	140 - 165
<b>Lamb/Goat</b>	60 - 74	140 - 165
<b>Pork</b>	71	160
<b>Poultry</b>		
Chicken, whole	82	180
Turkey, whole	82	180
Poultry breasts	74	165
Poultry thighs, wings	Cook until juices run clear	
* Stuffing (cooked alone or in bird)	74	165
Duck, goose, pheasant	82	180
<b>Ham</b>		
Fresh (raw)	71	160
Pre-cooked (to reheat)	60	140
<b>Seafoods</b>		
Fish, shellfish and other seafoods	70	158

\* It is recommended that poultry stuffing be cooked separately.


**For More Information on Food Safety, contact us:**  
 Leeds, Grenville & Lanark District **1-800-660-5853**  
**HEALTH UNIT** **613-345-5685**  
 Your Partner in Health **www.healthunit.org**