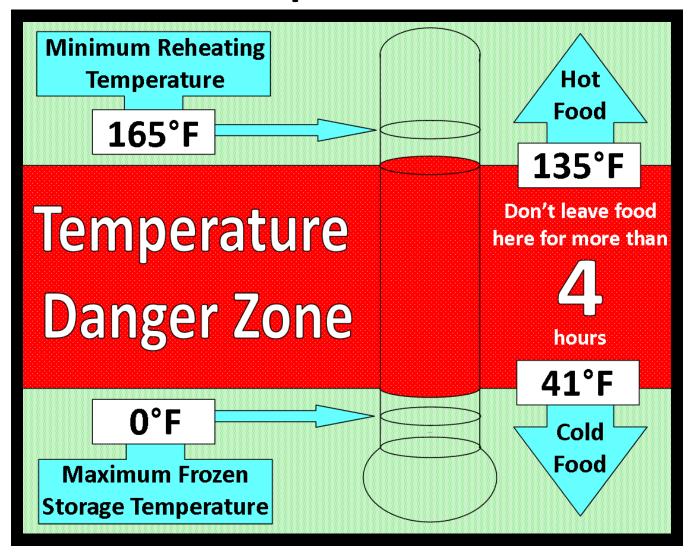


Waco-McLennan County
Public Health District
225 West Waco Drive
Waco, Texas 76707
(254) 750-5464

Food Temperatures Chart



Internal cooking temperatures to remember:

PLANT FOODS and COMMERCIALLY PREPARED PRODUCTS: 135° F for 15 seconds

FISH, BEEF, and PORK: 145° F for 15 seconds

GROUND or INJECTED MEATS and **RAW EGGS**: **155° F** for 17 seconds **POULTRY, CASSEROLES,** and **STUFFED PRODUCTS**: **165° F** for 15 seconds

MICROWAVE COOKING (any food): 165° F for 15 seconds REHEATING (any food): 165° F for 15 seconds