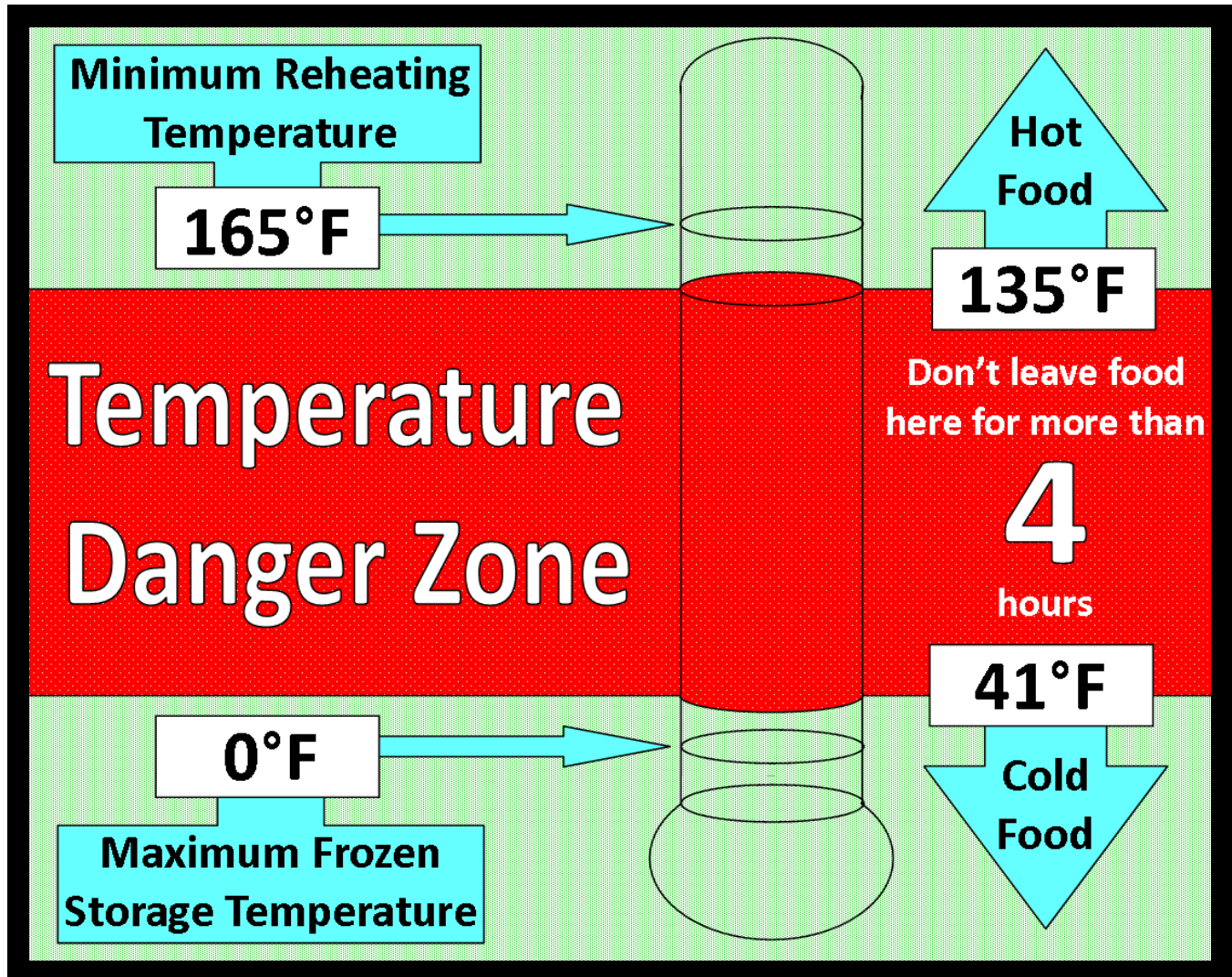


Food Temperatures Chart



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