

Quick Reference Meat & Poultry Temperature Chart

BEEF

STEAKS 145°F medium rare; 160°F medium

ROASTS 145° medium rare; 160°F medium.
Let roast stand 15 to 20 minutes before carving, the temperature will rise.

KABOBS 145° medium rare; 160°F medium

STIR-FRY Largest piece should register between 145°F and 165°F

GROUND BEEF 160°F

PORK 160°F

CHICKEN 165°F

TURKEY 165°F
