

Safe Internal Cooking Temperatures Chart

Ground Meat & Meat Mixtures (for example, burgers, sausages, meatballs, meatloaf, minute steak and casseroles)	
Beef, Veal, Lamb and Pork	71°C (160°F)
Turkey, Chicken	74°C (165°F)
Fresh Beef, Veal, Lamb (pieces and whole cuts)	
Medium - Rare	63°C (145°F)
Medium	71°C (160°F)
Well Done	77°C (170°F)
Fresh Pork (for example, ham, pork loin, ribs)	
Pork (pieces and whole cuts)	71°C (160°F)
Ham	
Fresh (raw)	71°C (160°F)
Pre-Cooked (to reheat)	74°C (165°F)
Poultry (for example, chicken, turkey, duck)	
Pieces	74°C (165°F)
Whole	82°C (180°F)
Duck & Goose	82°C (180°F)
Stuffing, cooked alone or in bird	74°C (165°F)
Raw Breaded Chicken Products	
Raw Product (Do not microwave)	74°C (165°F)
Seafood	
Fish	70°C (158°F)
Shellfish (for example, shrimp, lobster, crab, scallops, clams, mussels and oysters) (Since it is difficult to use a food thermometer to check the temperature of shellfish, discard any that do not open when cooked.)	74°C (165°F)
Egg	
Egg dishes & casseroles	74°C (165°F)
Leftovers, Casseroles and Others (for example, hot dogs, stuffing, leftovers)	
Reheated	74°C (165°F)
Game Chops, Steaks and Roasts (deer, elk, moose, caribou/reindeer, antelope and pronghorn)	
Well Done	74°C (165°F)
Ground Meat	
Ground Meat and Meat Mixtures	74°C (165°F)
Ground Venison and Sausage	74°C (165°F)
Large Game	
Bear, Bison, Musk-Ox, Walrus, etc.	74°C (165°F)
Small Game	
Rabbit, Muskrat, Beaver, etc.	74°C (165°F)
Game Birds/Waterfowl (for example, wild turkey, duck, goose, partridge and pheasant)	
Whole	82°C (180°F)
Breasts and Roasts	74°C (175°F)
Thighs, Wings	74°C (165°F)
Stuffing (cooked alone or in bird)	74°C (165°F)
<i>Cooking temperatures provided by Health Canada date modified: 2016-12-19</i>	