

# Cooking Times & Temperatures

**165°F**

- Poultry (chicken, turkey, duck, fowl)
- Stuffing made with fish, meat or poultry
- Stuffed meat, fish, poultry, and pasta
- Dishes made from previously cooked foods

**155°F**

At least 17 seconds

- Ground beef or pork, seafood, or ostrich meat
- Injected, marinated, or tenderized meats
- Eggs that will be hot-held for service

**145°F**

At least 15 seconds

- Whole seafood
- Beef, pork, veal, lamb (steaks and chops)
- Roasts (4 minutes)
- Eggs that will be served immediately

**135°F**

- Commercially processed, ready-to-eat food that will be hot-held (unless higher cooking temperatures are specified on the packaging)
- Fruits, vegetables, grains, and legumes that will be hot-held



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