

Meat Temperatures & Doneness Chart Recommended by USDA

MEAT	Rare	Med Rare	Medium	Med Well	Well Done
Ground Beef			160°F/71°C		
Ground Poultry			165°F/74°C		
Beef	125°F/52°C	140°F/60°C	150°F/66°C	160°F/71°C	165°F/74°C
Veal	125°F/52°C	140°F/60°C	150°F/66°C	160°F/71°C	165°F/74°C
Chicken			165°F/74°C		
Pork			160°F/71°C	165°F/74°C	170°F/77°C
Poultry			165°F/74°C		
Lamb	140°F/60°C	145°F/63°C	160°F/71°C	165°F/74°C	170°F/77°C
Fish			145°F/63°C		
Program		145°F/63°C			