

# Cooking Temperatures

Cooking foods to the wrong temperature may cause foodborne illness!

Minimum Safe Internal Temperatures

165°F

- Poultry
- Stuffed foods
- Foods cooked in a microwave
- Reheated leftovers to be held hot
- Mixed foods (stews, casseroles, etc.)



155°F

- Ground beef
- Ground pork



145°F

- In shell eggs
- Fish
- Shellfish
- Whole beef
- Whole pork
- Whole lamb



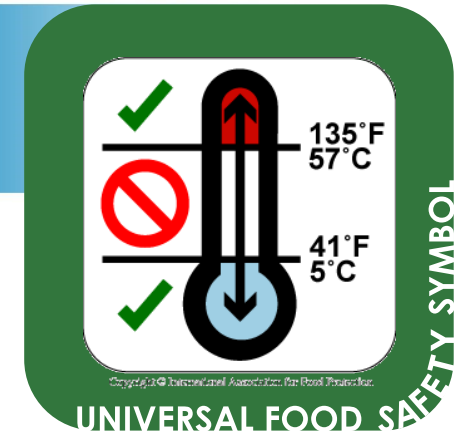
135°F

- Vegetables
  - Precooked foods
  - Commercially processed ready-to-eat food (hot dogs)
- After food is cooked, it must be held hot at 135°F or above*



**Danger Zone**  
41°F - 135°F

NEVER keep food at room temperature...and always keep food out of the DANGER ZONE!



MAHONING COUNTY  
PUBLIC HEALTH  
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