

Food	Type	Temperature (°F)
Ground meat	Beef, pork, veal, lamb	160
	Turkey, chicken	165
Fresh beef, veal, lamb	Steaks, roasts, chops	145
Poultry	Chicken	165
Pork and ham	Fresh pork, including fresh ham	145
	Precooked ham (to reheat)	165
Seafood	Salmon	125-145
	Shrimp	120
	Scallops	130
	Other Fish	130