



QUICK REFERENCE INTERNAL MEAT TEMPERATURE CHART



Protein	Safe Internal Temperature	Rest Time
Chicken	165°F	3 minutes
Turkey	165°F	3 minutes
Ground Beef	160°F	Optional
Ground Pork	160°F	Optional
Ground Chicken	165°F	Optional
Pork Chops	145°F	3 minutes
Pork Tenderloin	145°F	3 minutes
Fish	145°F	Optional

