



# SEAFOOD TEMPERATURE CHART



Seafood	Safe Internal Temperature	Visual Cue
Fish Fillets	145°F	Opaque and flakes easily
Whole Fish	145°F	Flesh separates from bone
Shrimp	145°F	Pink, opaque, and firm
Scallops	145°F	Opaque and slightly firm
Lobster	145°F	Opaque flesh

