



SAFE INTERNAL COOKING TEMPERATURES

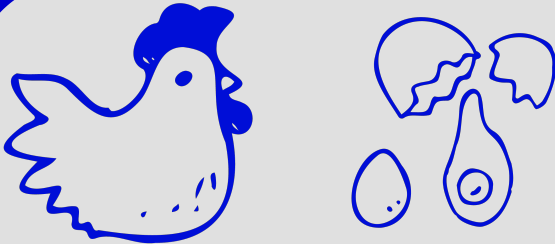
AUSTRALIAN FOOD SAFETY GUIDE

USE A PROBE THERMOMETER

Measure temperature in the thickest part of the food, away from bone and fat.

Use temperature, not colour, to determine doneness

Temperatures listed below represent the minimum safe internal temperature.

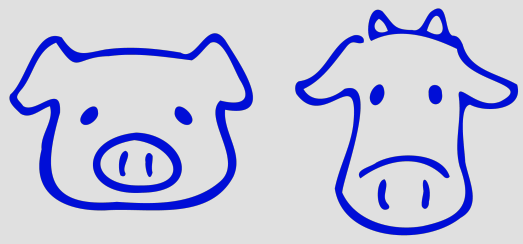


Poultry & Eggs

75°C | 167°F

Chicken, Turkey, Duck, Eggs

Whole, Parts, Ground

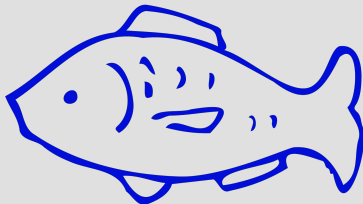


Fresh Beef, Pork, Veal & Lamb

63°C | 145°F

Steaks, Roasts, Chops

Wait 3 minutes after cooking before carving

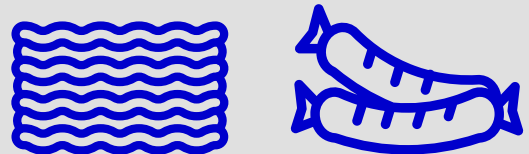


Seafood

63°C | 145°F

Salmon, Tuna, Snapper,

Barramundi, Shellfish

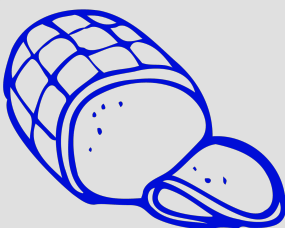


Ground Meats & Fresh Ham

75°C | 167°F

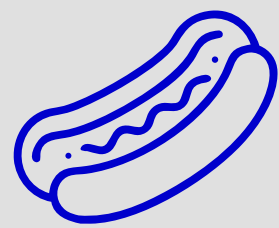
Ground Red Meats, Fresh Ham

Burgers, Sausages, Meatloaf



Reheating & Hot Holding

60°C | 140°F



Fully Cooked Ham (to reheat), Hot Dogs, Leftovers and Casseroles