

FOOD TEMPERATURE CHART FOR THE DIY HOME GODDESS

	PROTEIN	DONENESS LEVEL	TEMPERATURE (FAHRENHEIT)
<input type="checkbox"/>	Beef, Veal, Lamb - Roasts, Steaks, Chops	Rare	125 (rest 3 + minutes)
<input type="checkbox"/>		Medium Rare	130-135 (rest 3 + minutes)
<input type="checkbox"/>		Medium	135-140 (rest 3 + minutes)
<input type="checkbox"/>		Medium Well	140-150 (rest 3 + minutes)
<input type="checkbox"/>		Well	155 + (rest 3 + minutes)
<input type="checkbox"/>	Ground Beef, Pork		160
<input type="checkbox"/>	Chicken (any part, pieces or whole)		165
<input type="checkbox"/>	Turkey		165
<input type="checkbox"/>	Ground Poultry		170
<input type="checkbox"/>	Stuffing (in or out of the bird)		165
<input type="checkbox"/>	Pork Roast/Chops	Medium	150 (rest 3 + minutes)
<input type="checkbox"/>		Well	160 (rest 3 + minutes)
<input type="checkbox"/>	Sausage		160
<input type="checkbox"/>	Ham		160 (rest 3 + minutes)
<input type="checkbox"/>	Fish with fins		145
<input type="checkbox"/>	Crustaceans		145
<input type="checkbox"/>	Fish in shells		Until the shells open (discard ones that don't open)
<input type="checkbox"/>	Leftovers		165
<input type="checkbox"/>	Casseroles		165
<input type="checkbox"/>	Eggs		160
<input type="checkbox"/>			
<input type="checkbox"/>			

CREDIT: DIY HOME GODDESS

