



NATIONAL
FOOD SAFETY
MONTH



COMPREHENSIVE CHART Food Safety Basics



COOKING TEMPERATURES

Required Minimum Internal Cooking Temperatures

These temperatures are based on guidance from the FDA Food Code:
[fda.gov/food/retail-food-protection/fda-food-code](https://www.fda.gov/food/retail-food-protection/fda-food-code)

INGREDIENT	DETAILS	MIN. INTERNAL COOKING TEMP.	TIMING
Poultry	Including whole or ground chicken, turkey, or duck	165 F (74 C)	<1 second (instantaneous)
Stuffing	Made with fish, meat, or poultry	165°F (74°C)	<1 second (instantaneous)
Stuffed meat	Seafood, poultry, or pasta	165°F (74°C)	<1 second (instantaneous)
Dishes that include previously cooked TCS ingredients	Including casseroles, quiches, and meat pies	165°F (74°C)	<1 second (instantaneous)
Ground meat	Including beef, pork, and other meat	155°F (68°C)	17 seconds
Ground seafood		155°F (68°C)	17 seconds
Seafood	Including fish, shellfish, and crustaceans	145°F (63°C)	15 seconds
Pork, beef, veal, lamb		Steaks or chops: 145°F (63°C) Roasts: 145°F (63°C)	Steaks or chops: 15 seconds Roasts: 4 minutes
Shell eggs	For immediate service	145°F (63°C)	15 seconds
Fruits, vegetables, grains	Including rice, pasta) and legumes (e.g., beans, refried beans) that will be hot held for service	For hot holding: 155°F (68°C) 135°F (57°C)	17 seconds No minimum time
Commercially processed and packaged ready-to-eat food	Including pre-cooked hams	135°F (57°C)	No minimum time

Beef, Lamb, Pork and Veal Roasting Charts



Meat and Poultry Roasting

Charts below list recommended cook times, but you must always use a food thermometer to assure that meat and poultry have reached a safe minimum internal temperature. When roasting meat and poultry, set the oven temperature to 325 °F or higher.

These are the guidelines provided by the Department of Health and Human Services [foodsafety.gov/food-safety-charts/meat-poultry-charts](https://www.foodsafety.gov/food-safety-charts/meat-poultry-charts)



Beef

Type	Weight	Oven °F	Timing
Rib roast, bone-in	4 to 6 lbs.	325	23 to 25 min/lb.
Rib roast, boneless	4 to 6 lbs.	425	28 to 33 min/lb.
Round or rump roast	2 ½ to 4 lbs.	325	30 to 35 min/lb.
Tenderloin roast, whole	4 to 6 lbs.	325	45 to 60 minutes total



Pork

Type	Weight	Oven °F	Timing
Loin roast, bone-in or boneless	2 to 5 lbs.	350	20 min/lb.
Crown roast	10 lbs.	350	12 min/lb.
Tenderloin	½ to 1 ½ lbs.	425-450	20 to 27 minutes total
Boston butt	3 to 6 lbs.	350	45 min./lb.
Ribs	2 to 4 lbs.	350	1 ½ to 2 hours (or until fork tender)



Lamb

Type	Weight	Oven °F	Timing
Leg, bone-in.	5 to 7 lbs	325	20 to 25 min/lb.
Leg, bone-in	7 to 9 lbs.	325	10 to 15 min/lb.
Leg, boneless, rolled	4 to 7 lbs.	325	25 to 30 min/lb.
Shoulder roast	3 to 4 lbs.	325	30 to 35 min/lb.



Veal

Type	Weight	Oven °F	Timing
Rib roast	4 to 5 lbs.	325	25 to 27 min/lb.
Loin	3 to 4 lbs.	325	34 to 36 min/lb.



Ham Cooking Chart (Set oven temperature to 325 °F)

COUNTRY HAM

Type	Oven °F
Whole or half	<ol style="list-style-type: none"> 1. Soak 4 to 12 hours in refrigerator. 2. Cover with water, then boil 20 to 25 minutes per pound. 3. Drain the ham and cook at 400 °F for 15 minutes to brown.

SMOKED HAM, COOK BEFORE EATING

Type	Weight	Timing
Whole, bone-in	10 to 14 lbs.	18 to 20 min/lb.
Half, bone-in	5 to 7 lbs.	22 to 25 min/lb.
Shank or butt portion, bone-in	3 to 4 lbs.	35 to 40 min/lb.
Arm picnic shoulder, boneless	5 to 8 lbs.	30 to 35 min/lb.
Shoulder roll (butt), boneless	2 to 4 lbs.	35 to 40 min/lb.

SMOKED HAM, COOKED

Type	Weight	Timing
Whole, bone-in	10 to 14 lbs.	15 to 18 min/lb.
Half, bone-in	5 to 7 lbs.	18 to 24 min/lb.
Arm picnic shoulder, boneless	5 to 8 lbs.	25 to 30 min/lb.
Canned ham, boneless	3 to 10 lbs.	15 to 20 min/lb.
Vacuum packed, boneless	6 to 12 lbs.	10 to 15 min/lb.
Spiral cut, whole or half	7 to 9 lbs.	10 to 18 min/lb.





Poultry Roasting Chart

(For unstuffed poultry. Add 15 to 30 minutes for stuffed birds.)

Type	Size	Oven °F	Timing
Chicken, whole	3 to 4 lbs, 5 to 7 lbs.	350	2 to 2 ¼ hours 2 to 2 ¼ hours
Chicken, breast halves, bone-in	6 to 8 oz.	350	30 to 40 minutes
Chicken, breast halves, boneless	4 oz.	350	20 to 30 minutes
Capon, whole		350	2 to 3 hours
Cornish hen, whole	18 to 24 oz.	350	50 to 60 minutes
Duck, whole (do not stuff)	4 to 6 lbs.	350	30 to 35 min/lb
Duck, legs or thighs		325	1 ¼ to 1 ½ hours
Young goose, whole	8 to 12 lbs.	325	2 ½ to 3 hours
Young goose, pieces or cut up		325	2 hours



Turkey Roasting Chart

(Set oven temperature to 325 °F.)

Turkey Size	Unstuffed	Stuffed
4 to 6 lbs. (breast)	1 ½ to 2 ¼ hours	Not usually applicable
6 to 8 lbs. (breast)	2 ¼ to 3 ¼ hours	3 to 3 ½ hours
8 to 12 lbs.	2 ¾ to 3 hours	3 to 3 ½ hours
12 to 14 lbs.	3 to 3 ¾ hours	3 ½ to 4 hours
14 to 18 lbs.	3 ¾ to 4 ¼ hours	4 to 4 ¼ hours
18 to 20 lbs.	4 ¼ to 4 ½ hours	4 ¼ to 4 ¾ hours
20 to 24 lbs.	4 ½ to 5 hours	4 ¾ to 5 ¼ hours