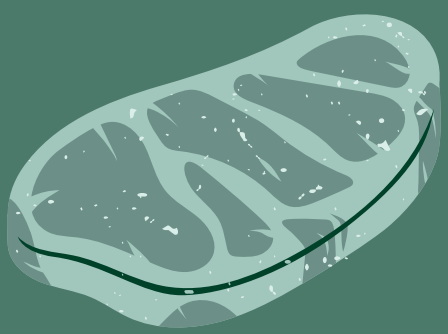
# COOKING TEMPERATURES OF MEAT

Quick reference guide

## BEEF

1. Rare: 125°F (52°C)
2. Medium Rare: 135°F (57°C)
3. Medium: 145°F (63°C)
4. Medium Well: 150°F (66°C)
5. Well Done: 160°F (71°C)

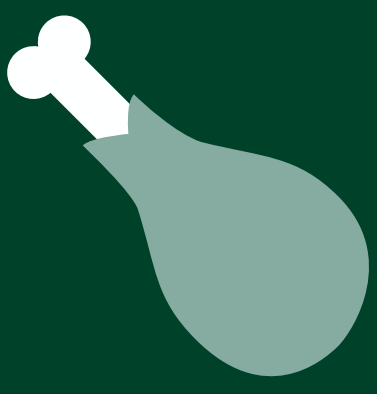


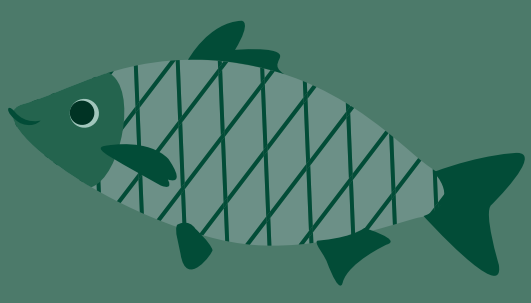
## PORK

1. Medium Rare: 145°F (63°C)
2. Medium: 150°F (66°C)
3. Medium Well: 155°F (68°C)
4. Well Done: 160°F (71°C)

## CHICKEN

1. Whole Chicken: 165°F (74°C)
2. Chicken Breasts: 165°F (74°C)
3. Chicken Thighs, Wings, and Drumsticks: 175°F (80°C)





## FISH

1. White Fish (Cod, Haddock): 145°F (63°C)
2. Salmon and Tuna: 145°F (63°C)
3. Shrimp and Scallops: Cook until opaque and firm

**ALWAYS USE A MEAT THERMOMETER FOR ACCURACY.**

**IMPRESS YOUR FAMILY AND FRIENDS WITH EVERY MEAL, ENSURING THAT EACH BITE IS COOKED TO PERFECTION. HAPPY COOKING!**

Read more at likeadad.net.