Cooking Temperatures

Cooking foods to the wrong temperature may cause foodborne illness!

- Poultry
- Reheated leftovers to be held hot
- Stuffed foods
- Mixed foods (stews, casseroles, etc.)
- Foods cooked in a microwave

165° F

155° F

- Ground beef
- Ground pork

145° F

- In shell eggs
- Shellfish
- Whole beef
- Whole pork
- Fish
- Whole lamb

135° F

- Vegetables
- Precooked foods
- Commercially processed ready-to-eat food (hot dogs)

After food is cooked, it must be held hot at 135° F or above

Danger Zone
41°F - 135°F

NEVER keep food at room temperature...and always keep food out of the DANGER ZONE!

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