

SAFE COOKING TEMPERATURES

Cook beef (except ground, fabricated or restructured beef), fish, shellfish and lamb to a minimum internal temperature of 145°F.

145°F



Cook pork (or any food containing pork) to a minimum internal temperature of 145°F.

145°F



Cook ground beef, fabricated, injected or restructured meats to a minimum internal temperature of 158°F.

158°F

Cook poultry (or any food containing poultry), stuffed meats or stuffing containing meats to a minimum internal temperature of 165°F.

165°F



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**SNOHOMISH
COUNTY** 
HEALTH DEPARTMENT

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