MINIMUM TEMPERATURES FOR COOKING AND REHEATING HAZARDOUS FOOD

To make sure that all hazardous foods are safe to eat,
use an accurate thermometer to measure the internal temperature.

Food Products		Minimum internal cooking temperature for 15 seconds	Minimum reheating temperature for 15 seconds
Whole poultry		82°C (180°F)	74°C (165°F)
Ground poultry, poultry products and poultry other than whole poultry		74°C (165°F)	74°C (165°F)
Mixture containing two or more of the following items: poultry, egg, meat, fish or another hazardous food		74°C (165°F)	74°C (165°F)
Pork, pork products and ground meat other than ground poultry		71°C (160°F)	71°C (160°F)
Fish		70°C (158°F)	70°C (158°F)
Other hazardous food (beef, lamb, rice, seafood, etc.)		70°C (158°F)	70°C (158°F)
Eggs		63°C (145°F)	63°C (145°F)

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York Region