### Cooking Requirements for Specific Types of Food

<table>
<thead>
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<th>Minimum Internal Temperature</th>
<th>Type of Food</th>
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| **165°F (74°C)** for 15 seconds | • Poultry—including whole or ground chicken, turkey, or duck  
• Stuffing made with fish, meat, or poultry  
• Stuffed meat, seafood, poultry, or pasta  
• Dishes that include previously cooked TCS ingredients (raw ingredients should be cooked to their minimum internal temperatures) |
| **155°F (68°C)** for 15 seconds | • Ground meat—including beef, pork, and other meat  
• Injected meat—including brined ham and flavor-injected roasts  
• Mechanically tenderized meat  
• Ratites—including ostrich and emu  
• Ground seafood—including chopped or minced seafood  
• Shell eggs that will be hot-held for service |
| **145°F (63°C)** for 15 seconds | • Seafood—including fish, shellfish, and crustaceans  
• Steaks/chops of pork, beef, veal, and lamb  
• Commercially raised game  
• Shell eggs that will be served immediately |
| **145°F (63°C)** for 4 minutes | • Roasts of pork, beef, veal, and lamb  
• Roasts may be cooked to these alternate cooking times and temperatures depending on the type of roast and oven used:  
- 130°F (54°C) 112 minutes  
- 131°F (55°C) 89 minutes  
- 133°F (56°C) 56 minutes  
- 135°F (57°C) 36 minutes  
- 136°F (58°C) 28 minutes  
- 138°F (59°C) 18 minutes  
- 140°F (60°C) 12 minutes  
- 142°F (61°C) 8 minutes  
- 144°F (62°C) 5 minutes |
| **135°F (57°C)** | • Fruit, vegetables, grains (rice, pasta), and legumes (beans, refried beans) that will be hot-held for service |