



From traditional Thanksgiving turkey to classic Christmas goose, meat makes the menu at most traditional holiday feasts. But how can you tell if your main meat dish is undercooked, overcooked or ready to serve? Consult the Holiday Helper! This quick, at-a-glance reference helps you keep track of proper internal temperatures for all of your favorite meat dishes, from family classics to exotic new ones. Keep the Holiday Helper handy – along with an instant-read thermometer – next time you head into the kitchen, so you can be sure your holiday dishes are both safe and delicious!

**Type** **Safe Minimum Internal Temperature\*† (°F)**

<b>Turkey (Whole, Stuffed** or Unstuffed)</b>	
Thigh	165°
Breast	165°
<b>Stuffing</b>	165°
<b>Beef Roast/Prime Rib</b>	Medium Rare: 145° Medium: 160° Well Done: 170°
<b>Pork (Chops, Ribs, Roast)</b>	145°
<b>Ground Beef or Pork</b>	160°
<b>Ham</b>	
Fresh or Raw	160°
Fully Cooked	140°
Fully Cooked as Leftovers	165°
<b>Lamb</b>	Medium Rare: 145° Medium: 160°

**Type** **Safe Minimum Internal Temperature\*† (°F)**

<b>Chicken/Duck/Goose/Quail/Pheasant</b>	
Breast	165°
Whole/Drumstick/Thigh/Wing	165°
<b>Sausage</b>	
Uncooked, Ground Beef, Lamb, Pork or Veal	160°
Uncooked, Turkey and Chicken	165°
<b>Venison</b>	160°
<b>Fish</b>	145°F Cook until opaque and flakes easily with fork
<b>Shrimp/Lobster/Crab</b>	145°F Flesh should become pearly opaque, shells will turn red orange
<b>Egg Dishes</b>	160°
<b>Leftovers</b>	165°

\* Check internal temperature with an instant-read thermometer.

\*\* The temperature of a whole turkey must reach at least 165°F and the stuffing must reach 165°F. For safety and uniform doneness of turkey, cook stuffing separately.

† Allow whole cuts of meat to rest for three minutes before carving or consuming so its temperature remains constant or continues to rise, which destroys pathogens.

