

# INTERNAL FOOD TEMPERATURES

## COOKING



**165°F** Poultry, poultry stuffing, stuffed meats



**155°F** Ground beef and pork, processed fish



**145°F** Pork products, whole fish, fish fillets



**135°F** All other potentially hazardous food

## RE-HEATING

**165°F** All potentially hazardous foods, quickly



## HOLDING

**135°F** or above for all HOT food



**41°F** or below for all COLD food



## COOLING

Cool to **70°F** or below within two hours  
then to **41°F** or below within four hours

