

# MEAT TEMPERATURES CHART

MEAT DONENESS	USDA GUIDELINES <i>Before Resting</i>	PROFESSIONAL KITCHENS <i>Before Resting</i>
<b>BEEF</b>		
<i>rare</i>	—	115°–120°
<i>medium-rare</i>	145°	125°–130°
<i>medium</i>	160°	140°
<i>medium-well</i>	—	150°
<i>well-done</i>	170°	155°–160°
<i>ground beef</i>	160°	160°
<b>PORK</b>		
<i>medium</i>	160°	138°–145°
<i>well-done</i>	170°	160°
<i>ground pork</i>	160°	160°
<b>LAMB</b>		
<i>rare</i>	—	115°–120°
<i>medium-rare</i>	145°	125°–130°
<i>medium</i>	160°	140°
<i>medium-well</i>	—	145°–150°
<i>well-done</i>	170°	150°–155°
<i>ground lamb</i>	160°	160°
<b>POULTRY</b>		
<i>whole bird, thighs, legs, wings, ground poultry</i>	165°	165°
<i>chicken breasts</i>	165°	160°