



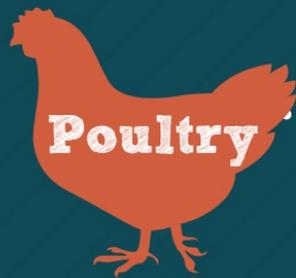
ARIZONA DEPARTMENT
OF HEALTH SERVICES

Safe Minimum

Cooking Temperatures

For Meat & Seafood

Temperatures should be verified internally with a meat thermometer!



Poultry

165°F



**Ground
Beef**



Eggs

160°F



Beef

Pork



Seafood

145°F

Safe steps in cooking are essential in preventing foodborne illness!

Questions?

Call the Office of

Environmental Health

602-364-3118

environmentalhealth@azdhs.gov

