

MEAT TEMPERATURE GUIDE



BEEF

**STEAK
BEEF RIBS
BRISKET
BURGERS
CHUCK ROAST**

**RARE
MEDIUM RARE
MEDIUM
MEDIUM WELL
WELL DONE/GROUND BEEF
BRISKET & ROASTS**

**120-130°F (49-54°C)
130-140°F (54-60°C)
140-150°F (60-66°C)
150-160°F (66-71°C)
160+°F (71+°C)
195-205°F (91-96°C)**



POULTRY

**CHICKEN
TURKEY**

**WHOLE/GROUND
BREASTS
THIGHS**

**165°F (74°C)
165°F (74°C)
170-175°F (77-79°C)**



PORK

**PORK LOIN
BABY BACK RIBS
HAM
PORK CHOPS**

**MEDIUM RARE
MEDIUM WELL
WELL DONE/ GROUND
RIBS & PULLED PORK
HAM**

**145-150°F (63-66°C)
155°F (68°C)
160°F (71°C)
190-205°F (88-96°C)
145°F (63°C)**



SEAFOOD

**SALMON
TROUT**

**WHOLE/FILLETS
CRAB, SHRIMP & LOBSTER
CLAMS, OYSTERS & MUSSELS**

**145°F (63°C)
140-145°F (60-63°C)
COOK UNTIL SHELLS OPEN**

FIND MORE BBQ RECIPES AT
WWW.HEYGRILLHEY.COM



GUIDELINES FROM
WWW.FOODSAFETY.GOV