Last checked 2026-11-20 · Updated November 20, 2026

Safe internal temperatures

QUICK ANSWER

165 °F for poultry and leftovers, 160 °F for ground meat, 145 °F for whole cuts of pork, beef and fish (USDA).

CHECK WITH A THERMOMETER

Converted times are a starting point. Check doneness with a food thermometer: USDA safe minimums are 165 °F for poultry and leftovers, 160 °F for ground meat and 145 °F for whole cuts of pork, beef and fish. Follow your air fryer or oven manual too.

Food	Minimum °F	°C	Rest time
Chicken, turkey and other poultry (all cuts, ground, stuffing)	165	74	none
Leftovers and casseroles (any type)	165	74	none
Ground beef, pork, veal and lamb; sausage	160	71	none
Egg dishes such as frittata and quiche	160	71	none
Beef, veal, lamb and pork steaks, roasts and chops	145	63	3-minute rest
Fish and shellfish (fin fish)	145	63	or until flesh is opaque and flakes with a fork
Fully cooked ham, to reheat (plant-packaged)	140	60	165 °F if not packaged in a USDA-inspected plant

Measure with a food thermometer in the thickest part of the food.

Last checked 2026-11-20. Sources: USDA safe minimum internal temperatures.

From MunchCooking, https://munchcooking.com/downloads/safe-internal-temperatures/