

SAFE FOOD TEMPERATURES WHEN COOKING FOR *babies*

MEAT/POULTRY	
TYPE	RECOMMENDED COOKING TEMPERATURE
Beef, veal, goat, lamb (steaks, roasts, chops)	Cook to 145°F (63°C) and allow a 3-minute rest
Ground meat and sausage	Cook to 160°F (71°C)
Pork (steaks, roasts, chops)	Cook to 145°F (63°C) with a 3-minute rest
Ham (raw)	Cook to 145°F (63°C) with a 3-minute rest
Precooked ham (to reheat)	Heat to 165°F (74°C), or to 140°F (60°C) if packaged in a USDA-inspected plant
Chicken, turkey, and other poultry (all parts including ground meat and any stuffing inside the bird)	Cook to 165°F (74°C)
SEAFOOD	
Fish (whole or fillets, such as salmon, tuna, tilapia, etc.)	Cook to 145°F (63°C) or until the flesh is opaque and flakes easily
Shrimp, lobster, crab, scallops	Cook until the flesh is pearly or white and opaque
Clams, oysters, mussels	Cook until shells open

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EGGS	
TYPE	RECOMMENDED COOKING TEMPERATURE
Raw eggs	Cook until the yolk and white are firm
Egg dishes (e.g., quiches, frittatas)	Cook to 160°F (71°C)
WILD GAME	
Rabbit, venison (wild or farm-raised)	Cook to 160°F (71°C)
CASSEROLES & LEFTOVERS	
Meat or meatless casseroles	Cook to 165°F (74°C)
Leftovers (any type)	Reheat to 165°F (74°C)

Don't forget to allow food to cool a little before serving. You can check the temperature by testing a small amount on your wrist before serving it to your baby.