

Safe Grilling Guide



Academy of Nutrition and Dietetics

The sunny days of summer bring hot temperatures and outdoor gatherings. It's also a time of increased risk of food poisoning. Summertime staples like hamburgers and hot dogs can be harmful if not fully cooked. But how can you tell if your main meat dish is ready and safe to serve? Using a food thermometer is the only way to make sure your grilling favorites are cooked to a safe minimum internal temperature. And be sure to consult the Safe Grilling Guide!

This quick, at-a-glance reference helps you keep track of proper internal temperatures for all of your favorite meat dishes. Keep the Safe Grilling Guide handy – along with a food thermometer – next time you head to the grill.



Type of Meat

Safe Minimum Internal Temperature*† (°F)

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Hamburgers	160°
Hot dogs	165° or until steaming hot
Bratwurst	160°-165°
Chicken	
Breast	165°
Whole/Drumstick/Thigh/Wing	165°
Sausage	
Uncooked, Ground Beef, Lamb, Pork or Veal	160°
Uncooked, Turkey and Chicken	165°
Precooked	165°
Turkey (Whole, Stuffed** or Unstuffed)	
Thigh	165°
Breast	165°

Beef Roast/Prime Rib	145° - 3 minute rest time
Pork	
Chops	145° - 3 minute rest time
Ribs	145° - 3 minute rest time
Roast	145° - 3 minute rest time
Venison	160°
Fish	145° - Cook until opaque and flakes easily with fork
Shrimp/Lobster/Crab	145° (internal) - Shell should turn red, and flesh should become pearly opaque
Leftovers	165°

† Allow whole cuts of meat to rest for three minutes before carving or consuming so its temperature remains constant or continues to rise, which destroys pathogens.

* Check internal temperature with a food thermometer. Visit www.homefoodsafety.org to learn how to calibrate your food thermometer.

