



Holiday Helper

From traditional Thanksgiving turkey to classic Christmas goose, meat makes the menu at most traditional holiday feasts. But how can you tell if your main meat dish is undercooked, overcooked or ready to serve? Consult the Holiday Helper! This quick, at-a-glance reference helps you keep track of proper internal temperatures for all of your favorite meat dishes, from family classics to exotic new ones. Keep the Holiday Helper handy – along with an instant-read thermometer – next time you head into the kitchen, so you can be sure your holiday dishes are both safe and delicious!

Type **Safe Minimum Internal Temperature*† (°F)**

Turkey (Whole, Stuffed** or Unstuffed)	
Thigh	165°
Breast	165°
Stuffing	165°
Beef Roast/Prime Rib	145° 3 minutes rest time
Pork (Chops, Ribs, Roast)	145° 3 minutes rest time
Pork and Ham	
Fresh pork	145° - 3 min. rest time
Fresh ham (raw)	145° - 3 min. rest time
Precooked ham (to reheat)	140°
Lamb	145° - 3 min. rest time

Type **Safe Minimum Internal Temperature*† (°F)**

Chicken/Duck/Goose/Quail/Pheasant	
Breast	165°
Whole/Drumstick/Thigh/Wing	165°
Sausage	
Uncooked, Ground Beef, Lamb, Pork or Veal	160°
Uncooked, Turkey and Chicken	165°
Venison	160°
Fish	145° Cook until opaque and flakes easily with fork
Shrimp/Lobster/Crab	145° Flesh should become pearly opaque, shells will turn red orange
Egg Dishes	160°
Leftovers	165°

* Check internal temperature with an instant-read thermometer.

** The temperature of a whole turkey must reach at least 165°F and the stuffing must reach 165°F. For safety and uniform doneness of turkey, cook stuffing separately.

† 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.

