

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

|                             |  |
|-----------------------------|--|
| <b>Beef Roast/Prime Rib</b> | 145° - 3 minute rest time  |
| <b>Pork</b>                 |  |
| Chops                       | 145° - 3 minute rest time  |
| Ribs                        | 145° - 3 minute rest time  |
| Roast                       | 145° - 3 minute rest time  |
| <b>Venison</b>              | 160°   |
| <b>Fish</b>                 | 145° - Cook until opaque and flakes easily with fork                           |
| <b>Shrimp/Lobster/Crab</b>  | 145° (internal) - Shell should turn red, and flesh should become pearly opaque |
| <b>Leftovers</b>            | 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](http://www.homefoodsafety.org) to learn how to calibrate your food thermometer.

