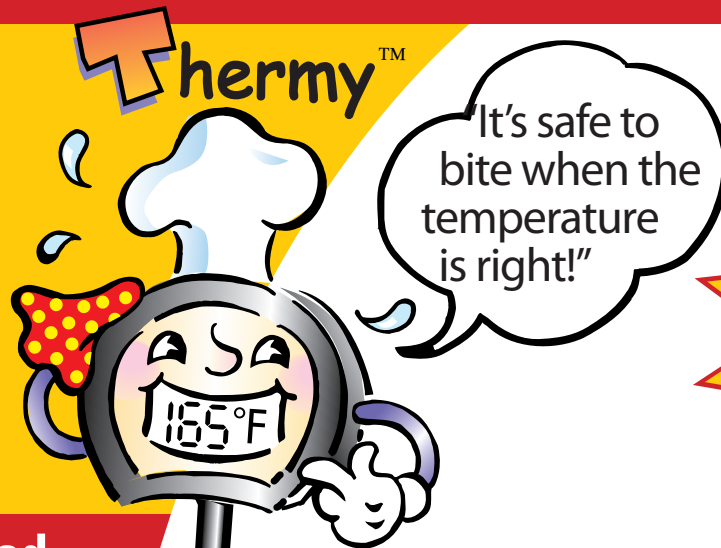


# Temperature Rules! Cooking for Food Service



**Hold at specified temperature or above for 15 seconds unless otherwise stated**

**Hold all hot food at 135°F or above after cooking**

**ISU Food Safety Program**  
[www.extension.iastate.edu/foodsafety](http://www.extension.iastate.edu/foodsafety)

**USDA Meat and Poultry Hotline**  
**1-800-535-4555**

**FDA Food Information Line**  
**1-888-SAFE FOOD**

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and Food Safety and  
Inspection Service

[www.fsis.usda.gov/thermy](http://www.fsis.usda.gov/thermy)

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... and justice for all

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**IOWA STATE UNIVERSITY**  
University Extension

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## Minimum Temperatures and Holding Times

### **165°F** (15 seconds)

- Poultry—chicken, turkey, duck, goose—whole, parts or ground
- Soups, stews, stuffing, casseroles, mixed dishes
- Stuffed meat, poultry, fish, and pasta
- Leftovers (to reheat)
- Food, covered, cooked in microwave oven (hold covered **2 minutes** after removal)

### **155°F** (15 seconds)

- Hamburger, meatloaf, and other ground meats; ground fish\*
- Fresh shell eggs—cooked and held for service (such as, scrambled)\*

### **145°F** (15 seconds)

- Beef, corned beef, ham—roasts (hold **4 minutes**)\*
- Beef, pork, lamb, and veal
- Fish, shellfish
- Fresh shell eggs—broken, cooked, and served immediately

### **135°F** (15 seconds)

- Ham, other roasts—processed, fully cooked (to reheat)
- Fruits and vegetables that are cooked

\*For alternative times and temperatures, see the

**FDA Food Code 2001** <http://vm.cfsan.fda.gov/~dms/foodcode.html>

\*\*Temperature guidelines are based on the 2005 Iowa Food Code.