

Meat Temperature Chart

Beef	Lamb	Poultry	Pork
Rare – 120 to 125	Rare – 135	Chicken – 165 to 175	150 and above
Medium-Rare – 130 to 135	Medium-Rare – 140 to 150	Turkey – 165 to 175	
Medium – 140 to 145	Medium – 160		
Medium-Well – 150 to 155	Well Done – 165 and above		
Well Done – 160 and above			