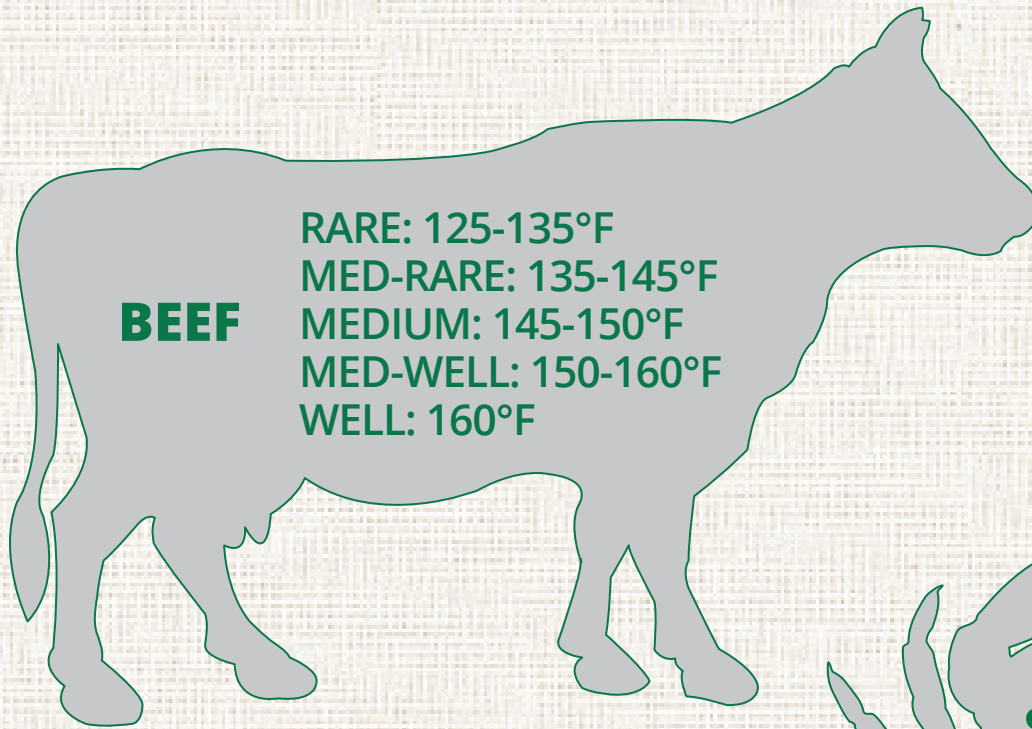
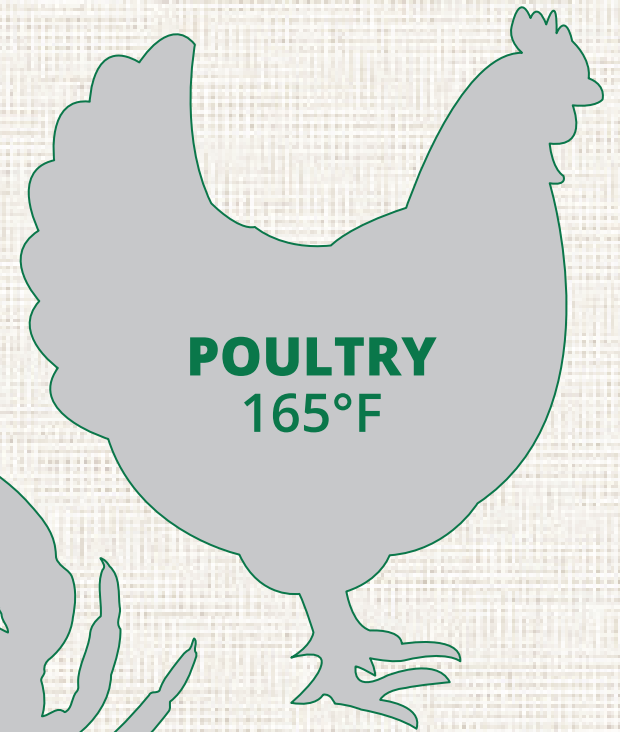


COOKING TEMPERATURES FOR MEATS



BEEF

RARE: 125-135°F
MED-RARE: 135-145°F
MEDIUM: 145-150°F
MED-WELL: 150-160°F
WELL: 160°F



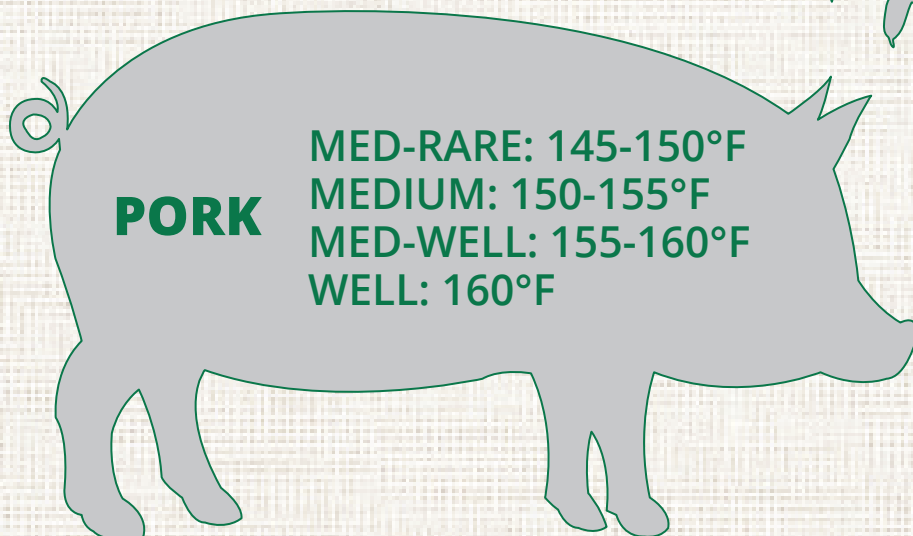
POULTRY

165°F



SHELLFISH

145°F



PORK

MED-RARE: 145-150°F
MEDIUM: 150-155°F
MED-WELL: 155-160°F
WELL: 160°F



FIN FISH

145°F