



Safe Cooking Temperatures for Meat and Poultry

Meat type	Internal temperature
Ground meat, sausages, meatballs and meatloaf	
Poultry and game	74 °C
Beef, veal, pork and lamb	71 °C
Cuts of meat	
Beef, veal and lamb	63 °C (medium rare) 71 °C (medium) 77 °C (well done)
Tenderized beef or veal	63 °C
Pork (chops and roasts)	71 °C
Ham (to be cooked)	71 °C
Poultry – Whole	82 °C
Poultry – Pieces	74 °C
Game	74 °C

Source: [MAPAQ](#) (ministère de l'Agriculture, des Pêcheries et de l'Alimentation du Québec)

