

# Cooking Temperatures



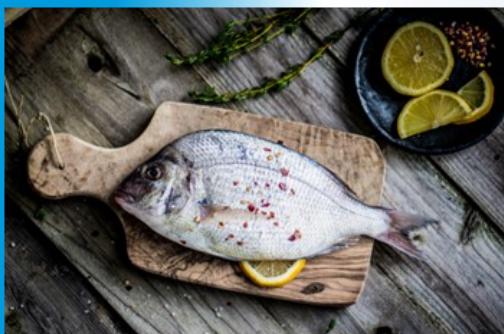
## 165 °F

- Chicken, turkey, duck and goose
- Stuffed meat: poultry, fish and pasta
- Reheated foods



## 155 °F

- Hamburger, meatloaf
- Eggs that are held for service
- Ground fish



## 145 °F

- Whole muscle beef, lamb, veal, pork, ham
- Fish, shellfish
- Eggs

This flyer provides general cooking requirements from the *Colorado Retail Food Establishment Rules and Regulations*.

  
**15 Second Rule**  
Cook to temperature for at least 15 seconds



**COLORADO**  
Division of Environmental Health & Sustainability

Department of Public Health & Environment

09/10/19