

Cooking Temperatures



165° F

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



155° F

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



145° F

- Whole muscle beef, lamb, veal, pork, ham
- Fish, shellfish
- Eggs cooked to order, but cooking preference not specified by customer

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