

Cooking Temperatures



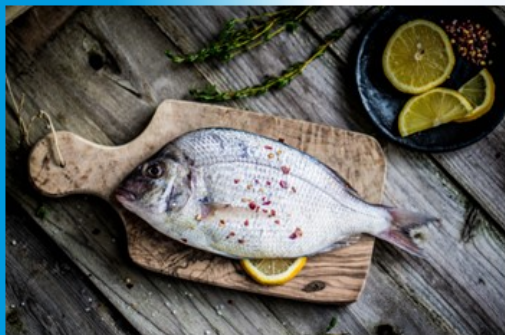
165 °F

- 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

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