

## RECOMMENDED Safe Food Temperatures

Using a food thermometer is the **ONLY** reliable way to ensure food safety.

**165° F ... Poultry, ground poultry**  
Stuffing with poultry, meat & fish  
Microwave cooking & reheating  
Reheating leftovers

**155° F ... Ground meat & fish**  
Injected meat (i.e. tenderized)

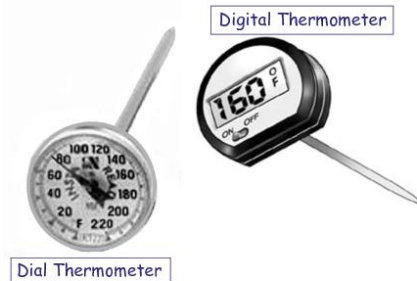
**145° F ... Meat, fish & raw shell eggs**

**135° F ... Hot holding of foods**

**41° F ... Cold holding of foods**

Meat = beef, pork & lamb

Poultry = chicken, turkey, duck & goose



These are the **minimum** safe food temperatures required by the Texas Food Establishment Rules.

[www.dshs.state.tx.us/foodestablishments](http://www.dshs.state.tx.us/foodestablishments)



## Temperaturas recomendadas para los alimentos

Utilizar un termómetro para alimentos, es la **ÚNICA** manera fiable de garantizar la seguridad de los alimentos.

**165° F ... Carne de ave, carne de ave molida**  
Relleno de carne de ave, carne y pescado  
Cocimiento en horno de microondas y recalentamiento  
Recalentamiento de sobras

**155° F ... Carne molida y pescado**  
Carne inyectada (p. ej. ablandada)

**145° F ... Carne, pescado y huevos crudos con cascarón**

**135° F ... Mantener calientes los alimentos**

**41° F ... Mantener fríos los alimentos**

Carne = res, puerco y cordero

Carne de ave = pollo, pavo, pato y ganso



Esas son las **temperaturas mínimas** para los alimentos que el Reglamento de Establecimientos Alimenticios de Texas exige.

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