

Meat Temperature Guide

★ My favorite affordable thermometer is the [Kizen Digital on Amazon!](#)



Chicken Internal Temperature

165°F



Ground Meat Internal Temperature

145 - 165°F

Medium Rare Burger = 145°F

Ground Chicken or Turkey = 165°F



Pork Internal Temperature

145 - 205°F

Pork Chops or Tenderloin = 145°F

Pulled Pork = 205°F



Seafood Internal Temperature

125 - 145°F

Salmon 130°F - 135°F



Steak Internal Temperature

130 - 165°F

Rare = 130 - 135°F Medium Rare = 140°F Medium = 155°F Well Done = 165°F
