## **Maine CDC Health Inspection Program**

## **Minimal Internal Temperatures**



Food must cook long enough to meet minimal internal temperatures as required.



Item Temp/Time

| Raw shell eggs that are broken and scrambled  | 145°F for 15 sec. |
|---|-------------------|
| Whole, fillet or steaks of fish   | 145°F for 15 sec. |
| <ul> <li>Beef, lamb, pork, game animal commercially raised for food<br/>(steaks and chops)</li> </ul>   | 145°F for 15 sec. |
| <ul> <li>Whole roast of lamb, beef, pork, game animal raised for food</li> </ul>  | 145°F for 3 min.  |
| <ul> <li>Ground beef, ground game animal commercially raised for<br/>food, flaked fish, ground fish, ground ratites (ostrich/emu)<br/>mechanically tenderized and injected meats (ham)</li> </ul> | 155°F for 15 sec. |
| <ul> <li>Stuffed poultry, game animal commercially raised for food,<br/>pasta, fish, beef, lamb, pork, ratites</li> </ul>   | 165°F for 15 sec. |
| Poultry, turkey chickens, ducks, etc.   | 165°F for 15 sec. |
| <ul> <li>Microwaved foods must be covered, stirred and rotated<br/>throughout the heating process and let stand for 2 mins.</li> </ul>  | 165°F for 15 sec. |

For more information see 2013 Maine Food Code **3-401.11** 

Check our Website maine.gov/healthinspection
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