

Meat Doneness

	Rare	Medium-Rare	Medium	Well-Done
Fish	110°F	120°F	140°F	*
Red meat (beef, lamb, veal)	125°F	130°F	140°F	160°F
Pork	*	*	145°F	160°F
Poultry (white meat)	*	*	*	160-165°F
Poultry (dark meat)	*	*	*	175°F
Duck	125°F	130°F	140°F	160°F