

## Meat Temperature Chart (Fahrenheit)

<b>Beef</b> Rare Medium-rare Medium Medium-well Well done	120° - 125° 130° - 135° 140° - 145° 150° - 155° 160° and above
<b>Lamb</b> Rare Medium-rare Medium Well done	135° 140° - 150° 160° 165° and above
<b>Poultry</b> Chicken Turkey	165° - 175° 165° - 175°
<b>Pork</b>	150°