

# Just Cook It!

Destroy bacteria with proper minimum internal cooking temperatures!

130°F (54°C)  
for 112 minutes

Roast (beef or pork)  
\*See GA Food Code Rule 290-5-14-.04(5a)(2i) pg. 61 for time/temperature variations\*

135°F (57°C)  
for 15 seconds

Fruits and vegetables that are cooked for hot holding

145°F (63°C)  
for 15 seconds

Whole-muscle, intact cuts of beef, pork, fish, commercially prepared game, eggs for immediate service

155°F (63°C)  
for 15 seconds

Ground meats, injected meats, comminuted meats, eggs for hot holding, ratites, exotic animals (ostrich, emu, etc)

OR:

158°F (70°C)    instantaneously  
150°F (66°C)    for 1 minute  
145°F (63°C)    for 3 minutes

165°F (74°C)  
for 15 seconds

Poultry, baluts, wild game animals, stuffed fish, stuffed meat, stuffed pasta, stuffed poultry, stuffed ratites, or stuffing containing fish, meat, poultry, or ratites



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