

Meat	Level of Doneness	USDA guidelines	Restaurant Kitchens
Beef	Rare	No guideline	115°
	Medium-Rare	145°	120°-130°
	Medium	160°	140°
	Medium-Well	No guideline	150°
	Well-Done	170°	155°-160°
	Ground Beef	160°	160°
Pork	Medium	160°	145°
	Well-Done	170°	160°
	Ground Pork	160°	160°
Lamb	Rare	No guideline	110°-115°
	Medium-Rare	145°	130°
	Medium	160°	140°
	Medium-Well	No guideline	145°-150°
	Well-Done	170°	150°-155°
	Ground Lamb	160°	160°
Poultry	Whole bird/Ground Bird	165°	165°
	Boneless Chicken Breast	165°	160°