



COOK IT

- Ⓢ **165°F or above** for poultry, stuffed foods, leftover foods
- Ⓢ **155°F for at least 17 seconds** for ground or tenderized meats
- Ⓢ **145°F or above for 15 seconds** for raw eggs cooked to order, seafood, and pork

Provided by Food Protection Services, Tulsa Health Department | tulsa-health.org | 918.595.4300