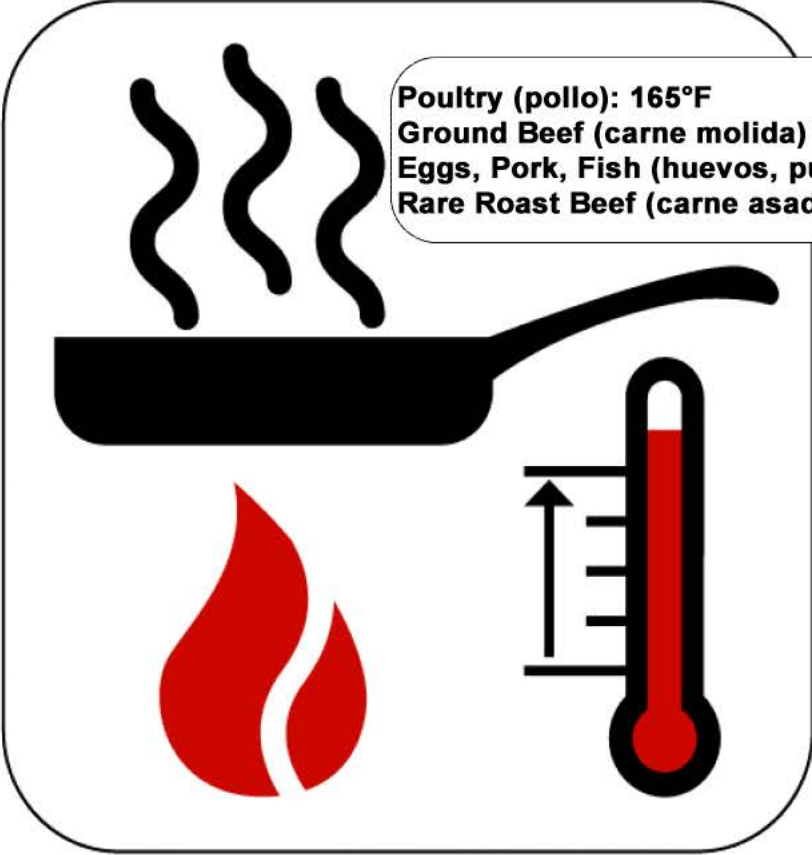


# Cook Temperatures



**Poultry (pollo): 165°F**  
**Ground Beef (carne molida) 155°F**  
**Eggs, Pork, Fish (huevos, puerco, pescado) 145°F**  
**Rare Roast Beef (carne asada): 130°F**

# Temperaturas Cocidas



Colorado Department  
of Public Health  
and Environment



International Association for  
Food Protection