



# Critical Temperatures

## for Potentially Hazardous Foods [PHF (TCS)]

**165°F / 74°C**

- Reheat of PHF (TCS) made on site for hot holding
- Poultry
- Stuffed foods

**155°F / 68°C**

- Tenderized/injected and ground meats
- Raw shell eggs for hot holding

**145°F / 63°C**

- Whole muscle meat\*
- Fish and seafood
- Raw shell eggs for immediate service

\*Roasts can be cooked to 130°F / 54.4°C for 112 minutes or per roast cook chart  
(See Appendix C of 2010 Food Regulations)

**135°F / 57°C**

- Fruits, vegetables and grains cooked for hot holding
- Reheat of manufactured PHF (TCS)
- Hot holding

**DANGER ZONE!**

- Between 41°F / 5°C and 135°F / 57°C

**41°F / 5°C** (or below)

- Cold holding
- Frozen food must be maintained frozen solid



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