

Temperaturas de cocción para carnes y huevos

Cooking temperatures for meats and eggs

Alimentos crudos	Temperatura interna
Productos molidos	
Hamburguesa	160°F
Carne de res, ternera, cordero, cerdo	160°F
Pollo y pavo	165°F
Carne de res, ternera y borrego	
Asados y filetes	
término medio-crudo	145°F
término medio	160°F
término bien crudo	170°F
Carne de cerdo	
Chuletas, asados, costillas	
término medio	160°F
término bien cocidos	170°F
Jamón, fresco	160°F
Embutidos, frescos	160°F
Aves	
Pollo, entero y en piezas	180°F
Pato	180°F
Pavo (sin rellenar)	180°F
entero	180°F
pechuga	170°F
carne oscura	180°F
relleno (cocinado aparte)	165°F

Huevos	
Fritos o escalfados	Hasta que la clara y la yema estan firmes
Guisados	160°F
Salsas, flanes	160°F

Esta tabla ha sido adaptada para uso doméstico, y concuerda con las guías para los consumidores del Departamento de Agricultura de los EUA (USDA) y de la Administración de Alimentos y Drogas de los EUA (US-FDA).

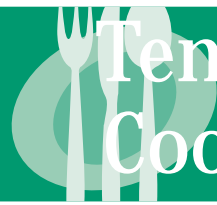
Raw Food	Internal Temperature
Ground Products	
Hamburger	160°F
Beef, veal, lamb, pork	160°F
Chicken, turkey	165°F
Beef, Veal, Lamb	
Roasts and steaks	
medium-rare	145°F
medium	160°F
well-done	170°F
Pork	
Chops, roasts, ribs	
medium	160°F
well-done	170°F
Ham, fresh	160°F
Sausage, fresh	160°F
Poultry	
Chicken, whole and pieces	180°F
Duck	180°F
Turkey (un-stuffed)	180°F
whole	180°F
breast	170°F
dark meat	180°F
stuffing (cooked separately)	165°F

Eggs	
Fried, poached	yolk and white are firm
Casseroles	160°F
Sauces, custards	160°F

This chart has been adapted for home use and is consistent with consumer guidelines from the U.S. Department of Agriculture and U.S. Food & Drug Administration.

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Tiempo de almacenaje a bajas temperaturas para algunos alimentos

Cold storage lengths for common foods

Alimentos	Tiempo de refrigeración
Hamburguesas, carnes estofadas (sin cocinar)	1-2 días
Carne de res, de cerdo y cortes de borrego (sin cocinar)	3-5 días
Pollo, pavo (enteros o en piezas, sin cocinar)	1-2 días
Menudencias (tripas, patitas de cerdo, etc)	1-2 días
Cabrito (sin cocinar)	3-5 días
Chorizo	3 semana
Salchichas (paquetes abiertos)	1 semana
Sobrantes de Carne (res, cerdo, borrego) y aves	3-4 días
Sopas, estofados con carne	3-4 días
Frijoles, cocido	4-5 días
Arroz, cocidos	1 semana
Leche	10+ días
Queso, fresco/suave/crema	1-3 semanas
Crema: ligera, completa, mitad y mitad	3 días
Huevos , con cascarón	3 semanas
Mayonesa	2 meses
Manzanas	1-3 semanas
Frutos cítricos	3 semanas
Cerezas	1-2 semanas
Melones	1 semana
Otras frutas	3-5 días
Elote en mazorca	1-2 días
Frijoles, ejotes	1-2 días
Betabel, zanahorias, tubérculos	1-2 semanas
Calabazas, apio	1-2 semanas
Lechuga	3-5 días
Alimentos enlatados	
Frutas, latas abiertas	2-3 días
Vegetales, latas abiertas	1-2 días

Food	Refrigeration Length
Hamburger, stew meats (uncooked)	1-2 days
Beef, pork, and lamb cuts (uncooked)	3-5 days
Chicken, turkey (whole/pieces, uncooked)	1-2 days
Organ and specialty meats (tripe, pigs feet, etc.)	1-2 days
Goat (uncooked)	3-5 days
Choriso (sausage), a "dry" sausage	3 weeks
Hotdogs (opened package)	1 week
Meat (beef, pork, lamb) and poultry leftovers	3-4 days
Soups, stews with meat	3-4 days
Beans, cooked	4-5 days
Rice, cooked	1 week
Milk	10+ days
Cheese, fresh/soft/cream	1-3 weeks
Cream: light, heavy, half-and-half (after opening)	3 days
Eggs, in shell	3 weeks
Mayonnaise	2 months
Apples	1-3 weeks
Citrus fruit	3 weeks
Berries, cherries	1-2 days
Melons	1 week
Other fruits	3-5 days
Corn in husks	1-2 days
Beans, green or waxed	1-2 days
Beets, carrots, radishes	1-2 weeks
Cabbage, celery	1-2 weeks
Lettuce, head	3-5 days
Canned goods	
fruits, opened	2-3 days
vegetables, opened	1-2 days

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