

CHICKEN INTERNAL TEMPERATURE CHART

Your essential guide for safe, juicy, and perfectly cooked poultry

TEMPERATURE REFERENCE GUIDE

CHICKEN CUT	USDA SAFE MIN	IDEAL PULL TEMP	FINAL TARGET	TEXTURE & CULINARY GOAL
Chicken Breast <i>(Boneless/Skinless)</i>	165°F (74°C)	160°F – 162°F	165°F	Tender, moist, firm white meat
Chicken Breast <i>(Bone-In)</i>	165°F (74°C)	160°F – 162°F	165°F	Highly juicy with enhanced bone flavor
Chicken Thighs <i>(Boneless/Bone-In)</i>	165°F (74°C)	170°F – 175°F	175°F – 185°F	Succulent, melted collagen & tissue
Drumsticks & Legs	165°F (74°C)	170°F – 175°F	175°F – 185°F	Fall-off-the-bone tenderness
Chicken Wings	165°F (74°C)	175°F – 180°F	180°F – 190°F	Crispy skin with tender interior
Whole Roast Bird <i>(Breast Center)</i>	165°F (74°C)	160°F	165°F	Balanced roast with juicy breast meat
Ground Chicken	165°F (74°C)	165°F	165°F	Fully cooked throughout

3 GOLDEN RULES FOR THERMOMETER ACCURACY

- 1. Insert into the Thickest Core:** Probe the absolute deepest part of the muscle, away from fat pockets or skin folds.
- 2. Never Touch Bone:** Bones conduct heat faster than flesh and give a falsely high reading. Pull the probe back ½ *inch* if you strike bone.
- 3. Account for Carryover Heat:** Pull lean breasts 3°F to 5°F before the 165°F target—residual heat will finish bringing it to target safely while resting under foil.