

# Safe Cooking Temperatures Fact Sheet

All food products containing raw animal foods such as eggs, fish, meat, poultry or any combination of these items must be sufficiently cooked until all potentially hazardous germs are destroyed. The minimum internal temperature at which pathogens are destroyed depends upon the type of food being cooked. To ensure that the food products being cooked are safe for human consumption, use the following chart to determine doneness. Remember to use a food thermometer to check the internal temperature of the food before serving.

Food Item	Minimum Temperature
Fruits and vegetables cooked for hot holding	135°F
Beef and pork roasts, beef steaks, veal, lamb, and commercially-raised game animals	145°F
Eggs cooked for immediate service	145°F
Fish and foods containing fish	145°F
Pork, including ham and bacon	145°F
Ratites and injected meats	155°F
Eggs cooked for later service	155°F
Ground or flaked meats, including hamburger, ground pork, flaked fish, ground game animals, or sausage	155°F
Poultry and poultry products, including stuffing, stuffed meats, casseroles, and dishes combining raw and cooked foods	165°F
Stuffed fish	165°F

## Microwave Cooking

When cooking with a microwave oven, the Food Code requires that all potentially hazardous foods containing meat, poultry, fish or eggs shall be cooked to a minimum temperature of 165°F. In addition, these foods shall be cooked according to the following standards:

1. Rotated or stirred throughout or midway during the cooking process to compensate for uneven distribution of heat;
2. Covered to retain surface moisture;
3. Heated to an internal temperature of at least 165°F in all parts of the food; and
4. Allowed to stand covered for two minutes after cooking to obtain temperature equilibrium.

## Public Notice of Raw or Undercooked Foods

If a food establishment intends to sell raw or undercooked animal foods in a ready-to-eat form, the establishment must inform the consumer of the risks associated with eating these foods with both a “disclosure” and a “reminder” statement.

The “disclosure” includes a description of the raw or undercooked animal foods, or by asterisking these foods to a footnote, which states these foods are served raw or undercooked.

The “reminder” shall include a statement that tells consumers that consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase their risk of foodborne illness.

**For more information about operating a food establishment,  
contact your local health department.**