

# 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	140°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, bacon and injected meats	145°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 shall inform the consumer of the risks associated with eating these foods. The Conference for Food Protection (CFP) recommends the following language for the consumer advisory:

*“Thoroughly cooking foods of animal origin such as beef, eggs, fish, lamb, pork, poultry, or shellfish reduces the risk of foodborne illness. Individuals with certain health conditions may be at higher risk if these foods are consumed raw or undercooked. Consult your physician or public health office for further information.”*

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