

GOVERNMENT OF THE DISTRICT OF COLUMBIA
DEPARTMENT OF HEALTH
HEALTH REGULATION AND LICENSING ADMINISTRATION

Fact Sheet: Consumer Advisory

Did You Know? Consuming raw or undercooked foods (meats, poultry, seafood, shellfish, or eggs) may increase your risk of foodborne illness, especially if you have certain medical conditions. Only those food establishments that choose to offer raw or undercooked food items are required to have a consumer advisory.



FACT: Undercooked foods will be more likely to cause foodborne illness than those foods that are cooked thoroughly.

FACT: Consuming raw oysters and/or clams and undercooked eggs and rare meats are some frequent causes of sickness. Request that your foods are cooked fully when ordering and dining out.

Recommendations

- Avoid raw foods, especially if you have pre-existing health problems
- Order foods cooked well done!
- Minimum cooking temperatures: Eggs: 155° F; Beef: 155° F; Fish & Shellfish: 145° F; Poultry: 165° F