

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

## Fact Sheet: Cooking Temperatures

**Did You Know?** Foodborne illnesses cause nearly 128,000 hospitalizations per year. And those are only the cases that get reported. Have you ever wondered how bacteria in your food are killed? Proper cooking is one of the few ways to destroy bacteria commonly present in foods. Foods that are derived from animals such as chicken, beef, pork, and eggs are naturally contaminated with bacteria that can make us sick.



**FACT:** Undercooked foods will be more likely to cause foodborne illness than those foods that are cooked thoroughly. Consuming raw oysters and undercooked eggs are two frequent causes of sickness. Request that your foods are cooked fully when ordering and dining out.

### Minimum Cooking Temperatures (At least 15 seconds)

Pork: 145° F  
Ground Meats: 155° F  
Stuffed Fish: 165° F

Poultry (Chicken & Turkey): 165° F  
Reheated Foods: 165° F  
Stuffed Pasta: 165° F

Eggs: 155° F  
Steak: 155° F  
Fish: 145° F

### Recommendations

- Make sure the food is cooked evenly throughout, especially with hamburgers and other comminuted meats.
- Avoid raw foods, especially if you have pre-existing health problems. Order well done!
- Always use a food thermometer to check the temperature at its coolest point.