

Cooking Temperatures and Required Disclosures

March 2025

ENVIRONMENTAL HEALTH



COUNTY OF LOS ANGELES
Public Health

Background: According to the Centers for Disease Control (**CDC**), cooking food to the correct temperatures is a critical step in preventing foodborne illness. ¹

Required Cooking Temperatures: The tables below provide a summary of foods and the required internal food cooking temperatures that should be achieved before serving. A calibrated food thermometer is to be used to ensure the food has reached a safe minimum internal temperature to kill harmful microorganisms that may cause foodborne illness.

Internal Food Temperature & Time	Potentially Hazardous Food (PHF)
135°F	Vegetables and Fruits when cooked and held hot before serving
145°F for 15 seconds	Raw Shell Eggs that are broken and prepared in response to a consumer's order; Pork, Fish and Meat including commercially raised Game Animals
155°F for 15 seconds	Comminuted Fish and Meat including commercially raised Game Animals; Injected Meats; and Ratites (Ostrich, Emu, and Rhea)
165°F for 15 seconds	Poultry; Stuffed Fish, Meat, Poultry and Ratites; Stuffing containing fish, meat, poultry, or ratites; Pasta stuffed with fish, meat, poultry; Game Animals not commercially raised for food; Balut.
Raw eggs not prepared in response to a consumer order for immediate service (e.g., scrambled eggs)	
Minimum Cooking Temperature	Minimum Cooking Time
145°F	3 minutes
150°F	1 minute
158°F	<1 second

Disclosures and Reminders: Although it is important to cook food to the required temperature to prevent foodborne illness, there are foods that may be served raw or undercooked. The California Retail Food Code requires both a "disclosure" and "reminder" be provided to consumers for raw or undercooked food.

- A "disclosure" is a written statement that clearly includes a description of the food item or identification of food items by an asterisk and a footnote stating items or ingredients are served raw or undercooked or may contain ingredients that are raw or undercooked.
- A "reminder" is a written statement that displays an asterisk in the footnote stating either written information regarding the safety of these food items is available upon request, or consuming raw or undercooked meats, poultry, seafood, shellfish, and eggs may increase your risk of foodborne illness, **especially** with certain medical conditions.

Disclosures and reminder statements can be provided on brochures, deli case postings, menu advisories, label statements, table tents, and placards.

For any questions, concerns, or to file a complaint, call **(888) 700-9995**.

To file a complaint online visit, <https://ehservices.publichealth.lacounty.gov/servlet/guest?service=0&formId=4>.

¹ CDC: [About Four Steps to Food Safety](#) | [Food Safety](#) | CDC April 29, 2024.