

Potentially Hazardous Food

A Potentially Hazardous Food (PHF) is any food or ingredient (natural or synthetic) capable of supporting the rapid and progressive growth of infectious or toxin producing micro-organisms. Here are some examples:

1. Meat and Dairy – Cooked or raw animal (protein) products

- meats
- poultry
- dairy
- milk
- cheese
- fish & seafood



2. Heat Treated Vegetables and Starches

- rice
- beans
- pasta
- potatoes



3. Sprouts, Melons and Other Items associated with foodborne outbreaks

- raw seed sprouts
- cut melons
- garlic in oil
- tofu

