



Does pasteurization lead to lactose intolerance, allergies, asthma and even autism?

- Pasteurization does not cause lactose intolerance.
- Both pasteurized milk and milk products and raw milk and milk products can cause allergic reactions in people who are sensitive to milk proteins.
- There is no scientific evidence to support claims that raw milk can alleviate asthma, autism or other adverse health conditions.

Why should I use pasteurized milk and products made from pasteurized milk?



- Pasteurization kills harmful microorganisms that can cause illness.
- Pasteurization does not reduce the nutrient content of milk.
- Pasteurization does not cause lactose intolerance.
- Pasteurized milk and milk products are no more likely to cause allergies than raw milk or milk products.



How will I know I am buying pasteurized milk?



Milk sold in grocery stores must be pasteurized by law. It will say "Pasteurized" on the label. Always purchase from reputable suppliers.



Can unpasteurized milk be sold for use as human food in Georgia?

The sale of raw milk and milk products for human food is illegal in the state of Georgia. It is illegal to sell it, offer it for sale or otherwise dispense raw milk or milk products to be used as food for humans. It is against federal regulations to transport raw milk or milk products for human consumption across state lines.



Can cheeses made from unpasteurized milk be sold for use as human food in Georgia?



In order to sell cheese made from unpasteurized milk in Georgia:

- Milk must come from a licensed source.
- The cheese must be made in a separate facility from a home.
- The facility must be licensed and inspected by the Georgia Department of Agriculture.
- The cheese must be aged for at least 60 days at a temperature not lower than 35 °F.



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Publication FDNS-E-157

Date: 2009

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, The University of Georgia College of Agricultural and Environmental Sciences and the U.S. Department of Agriculture cooperating.

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THE UNIVERSITY OF GEORGIA
COOPERATIVE EXTENSION

Colleges of Agricultural and Environmental Sciences
&
Family and Consumer Sciences

Dangers of Raw, Unpasteurized Milk and Cheeses



Warning:
Drinking raw, unpasteurized milk or eating cheeses made from it can be hazardous to your health.



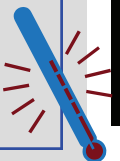
What is raw milk?

Raw milk is milk that has not been pasteurized to kill harmful, disease-causing germs that may be present.

What is pasteurization?



Pasteurization is a process that kills harmful microorganisms by heating the milk to a specific temperature for a set amount of time.



If these products can carry disease, why do people want to use them?



Raw milk supporters make claims about health benefits of the product. They say it is more nutritious than pasteurized milk. Some of the conditions they claim it can improve or prevent are lactose intolerance, allergies, asthma and even autism.



How does pasteurization affect the nutrient content of milk?



Pasteurization has very little effect on the nutrient content of milk. The minerals, calcium and phosphorus, do not change. Few foods contain vitamin D naturally. Because so many people buy milk, this makes it an excellent food to fortify with vitamin D to help us get the amount we need. Raw milk does not contain vitamin D. Removing fat from milk removes vitamin A. Pasteurized milk that has had fat removed like 2%, 1% and skim milk will be fortified with vitamin A. Pasteurization can reduce the amount of vitamin C. However, even raw milk is not a good source of vitamin C. Milk is a good source of the vitamins thiamine, folate, B-12, and riboflavin. Pasteurization results in losses of anywhere from zero to 10 percent for each of these, which is considered a small reduction.

How risky is drinking raw milk or eating products made from it?



From 1998 to 2005, CDC reported 45 outbreaks of foodborne illness linked to unpasteurized milk or cheese made from unpasteurized milk.

Are some people more at risk than others?



Risks are greater for:

- young children
- older adults
- individuals with weakened immune systems due to other medical conditions
- pregnant women.



In pregnant women, listeriosis can result in miscarriage, death of the fetus, illness or death of a newborn. If you are pregnant and consuming raw milk or products made from it, you can harm your baby, even if you don't feel sick.

How is milk pasteurized?



Milk is heated. There are several time and temperature combinations that work, such as 145°F for 30 seconds, 161°F for 15 seconds or 212°F for 0.01 seconds. Then it is cooled rapidly to 40°F to maintain quality and flavor.

What diseases can be carried by raw milk or products made from it?



Raw milk can carry the organisms that cause

- typhoid fever
- tuberculosis
- Q fever
- scarlet fever
- diphtheria
- salmonellosis
- listeriosis
- hemorrhagic colitis.

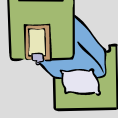


What are the symptoms?



Symptoms may include:

- diarrhea
- vomiting
- abdominal pain
- headache
- fever
- body aches.



Some people may even develop life-threatening conditions that result in death.

