

**THE TRUTH  
ABOUT  
PASTEURIZED  
MILK**

- **Pasteurization DOES NOT reduce milk's nutritional value**
- **Pasteurizing milk DOES NOT cause lactose intolerance or allergic reactions**
- **Pasteurization DOES NOT mean that it is safe to leave milk out of the refrigerator for a long time**
- **Pasteurization DOES kill harmful bacteria**
- **Pasteurization DOES save lives**



# The Dangers of Raw Milk

## Pasteurization: Why its important to you

Pasteurization is a process that kills harmful bacteria by heating milk to a specific temperature for a set period of time. Raw milk is milk from cows, sheep, or goats that has not been pasteurized to kill harmful bacteria. This raw, unpasteurized milk can carry dangerous bacteria such as *Salmonella*, *E. coli*, *Listeria*, *M. bovis*, *Brucella*, and *Campylobacter*.



These harmful bacteria can seriously affect the health of anyone who drinks raw milk, or eats foods made from raw milk. However, the bacteria can be especially dangerous to pregnant women, children, the elderly, and people with weakened immune systems.

### When in doubt– Just ASK!

Taking a few seconds to make sure the dairy products are pasteurized can save you and your loved ones from serious illness.

- Read the label; Safe milk will have the word “pasteurized” on it
- Ask before buying milk or milk products at farmer’s markets
- Ask your grocer whether the milk products sold in the store are pasteurized

Do you think you might be sick from drinking raw milk or eating products made from raw milk?

**Symptoms** of some of the diseases you can get from eating or drinking raw milk include:

- Fever
- Headache or Confusion
- Muscle or joint aches
- Diarrhea or vomiting
- Abdominal cramps

### Newborns may have

- Fever
- Poor feeding
- Lack of energy
- Irritability
- Seizures

If you or someone you know is experiencing these symptoms, see your doctor right away, and discuss your possible exposure to raw milk products.

## Protect you and your family

Safe to Eat	Unsafe to Eat
<ul style="list-style-type: none"> <li>• <b>Pasteurized</b> milk or cheese</li> <li>• Processed cheeses</li> <li>• Soft cheeses like Brie and Mexican-style soft cheeses made from <b>pasteurized</b> milk</li> <li>• Cream, cottage, and Ricotta cheese made from <b>pasteurized</b> milk</li> <li>• Yogurt made from <b>pasteurized</b> milk</li> <li>• Pudding made from <b>pasteurized</b> milk</li> <li>• Ice cream or frozen yogurt made from <b>pasteurized</b> milk</li> </ul>	<ul style="list-style-type: none"> <li>• Non-pasteurized milk or cream</li> <li>• Soft cheeses like Brie and Mexican-style soft cheeses made from non-pasteurized milk</li> <li>• Cream, cottage, and Ricotta cheese made from non-pasteurized milk</li> <li>• Yogurt made from non-pasteurized milk</li> <li>• Pudding made from non-pasteurized milk</li> <li>• Ice cream or frozen yogurt made from non-pasteurized milk</li> </ul>

Because of the dangers of consuming raw milk, state law requires the following label that **warns consumers: “raw milk may contain organisms injurious to your health.”**

This information has been adapted from the California Department of Health Services, the California Department of Food and Agriculture, and the Food and Drug Administration

**BE CAREFUL!**

Did you know unsafe queso fresco with germs can look, smell, and taste the same as safe queso fresco?

**Safe Cheese**



**Unsafe Cheese**



**Know the difference!**

Be sure the queso fresco you and your family eat is made safely!

# Queso Fresco

Some Queso Fresco and other Mexican-style soft cheeses are not made in factories. Cheese made this way is called “**illegal cheese**”. These cheeses are made with non-pasteurized milk and are not refrigerated properly. Illegal cheese can carry bacteria from raw milk such as *Salmonella*, *E. coli*, *M. bovis Listeria*, *Brucella*, and *Campylobacter*.

**Pregnant women are at Higher risk!**

If you are pregnant, make sure the cheese you eat is pasteurized. This will help



you and your baby from getting sick!

**Illegal Cheese Can Make You Sick!**

**Symptoms** of diseases you can get from eating illegal cheese include:

- Fever
- Headache or confusion
- Muscle or joint aches
- Diarrhea/vomiting
- Abdominal cramps
- Miscarriage

## Protect you and your family from Unsafe Queso Fresco

**DOs**

- Eat queso fresco only if its made from **pasteurized** milk
- Buy queso fresco in the refrigerated area of the supermarket
- The queso fresco should:
  - \*Be factory sealed and labeled **and**
  - \*Have “**pasteurized milk**” in the ingredients
- Keep queso fresco cold in the refrigerator all the time

**DON'Ts**

- Don't eat queso fresco made from milk that has not been pasteurized
- Don't buy queso fresco from street vendors or door-to-door salesmen. This queso fresco is often made:
  - \*In dirty conditions
  - \*From milk that was **not pasteurized**
- Don't carry queso fresco around unless you can keep it very cold
- Drink milk straight from backyard animals and the bulk milk tank

**Remember, you can protect your family from unsafe, illegal cheese!**

Only buy queso fresco that has “pasteurized milk” listed in the ingredients section of the label



Only buy queso fresco that is factory made and in its original wrapper

