

THE UDDER TRUTH: raw vs. pasteurized milk

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- ❖ has equal or less nutrients than pasteurized milk
- ❖ may contain dangerous bacteria
- ❖ UNSAFE for elderly, pregnant women, children, people with weak immune systems
- ❖ has a short shelf life
- ❖ *doesn't cure disease, but can cause serious illness

IS NOT SAFE TO DRINK!

**P
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- ❖ has many nutrients like vitamin D that are not present in raw milk
- ❖ dangerous bacteria is destroyed
- ❖ SAFE for people who are not allergic or lactose-intolerant
- ❖ has a longer shelf life
- ❖ doesn't cure disease, but is an excellent source of many vitamins and nutrients

IS SAFE TO DRINK!!!



HOW IS MILK

PASTEURIZED?

Batch flow: a large quantity of milk is held in a heated vat for 30 minutes, then cooled

Continuous flow: milk is forced between metal plates or through heated pipes, then held at a high temperature for 2 seconds



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<http://nj.gov/health/eoh/foodweb/>

*Claims that raw milk can prevent, treat, or cure diseases or other medical conditions have not been proven. Contaminated raw milk can be a source of harmful bacteria, such as those that cause Brucellosis, E. coli O157:H7, Q Fever, Streptococcal or Staphylococcal infection, dysentery, and Salmonellosis.