



## RAW (UNPASTEURIZED) MILK CONSUMPTION

### Is it legal to sell raw milk for human consumption?

Federal regulation prohibits the introduction into interstate commerce of any unpasteurized milk product in final package form and intended for human consumption (21 CFR 1240.61). Although some states do permit the intrastate (within state boundaries) sale of raw milk, Delaware does not allow the sale or offer of unpasteurized milk or milk products to consumers.

### How does the pasteurization of raw milk protect consumers?

Pasteurization is a process that kills harmful bacteria by heating milk to a specific temperature for a set period of time. Although some spoilage organisms may still be present, the pasteurization process kills the types of bacteria that may cause disease.

### Is it safe to consume raw milk?

- Raw milk, no matter how carefully produced, may be unsafe. Raw milk may contain many pathogens, including *Staphylococcus aureus*, *Campylobacter jejuni*, *Salmonella* species, *E. coli*, *Listeria monocytogenes*, *Mycobacterium tuberculosis* and *bovis*, *Brucella* species, *Coxiella Burnetii*, and *Yersinia enterocolitica*. Illnesses caused by these bacteria can cause special problems for the very young, the elderly, and the immunocompromised. Infection with *E. coli* O157:H7 can cause hemolytic uremic syndrome (HUS), which can possibly result in acute renal failure.
- Raw milk does not kill disease-causing bacteria. Instead, raw milk potentially harbors a wide range of dangerous pathogens that can cause illness.
- Raw milk does not cure illness or allergies.

### Have any illnesses or deaths been caused by consuming raw milk products?

Among dairy product-associated outbreaks reported to the U.S. Centers for Disease Control and Prevention (CDC) between 1998 and 2011, in which the investigators reported whether the product was pasteurized or raw, 79 percent were due to raw milk or cheese. From 1998 through 2011, 148 outbreaks due to consumption of raw milk or raw milk products were reported to the CDC. These resulted in 2,384 illnesses, 284 hospitalizations, and two deaths. Please note that reported outbreaks represent the tip of the iceberg. For every outbreak and every illness reported, many others occur, and most illnesses are not part of recognized outbreaks.

### What are some of the symptoms of illnesses that can be caused by consuming raw milk?

Consuming raw milk may cause vomiting, diarrhea, abdominal pain, fever, headache and body aches. Most people will recover from illness caused by bacteria in raw milk; however, some individuals can develop chronic, severe, or life-threatening symptoms.

### What are the effects of pasteurization on raw milk?

- Nutrients: There is no significant difference between the nutrient content of pasteurized and unpasteurized milk.
- Allergies: There is no difference in the milk proteins present in both raw and pasteurized milk that cause allergic reactions in dairy-sensitive individuals.
- Lactose intolerance: Pasteurization does not lead to lactose intolerance, which is due to some individuals' bodies not producing the enzyme needed to break down lactose. Pasteurization does not affect the lactose concentration in milk.

**24/7 Emergency Contact Number: 1-888-295-5156**

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