

Nutrition Fact Check Raw Milk

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You've probably heard the term raw milk a lot lately, everywhere from social media to the news to conversations with friends and family.

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What is raw milk?

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I'm Julie Stefanski, a registered dietitian nutritionist and a media spokesperson for the Academy of Nutrition and Dietetics.

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Here's what you need to know about raw milk.

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Raw milk has not been pasteurized.

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This is a process that heats the milk to a certain temperature to destroy potentially harmful microorganisms.

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It is then quickly cooled.

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This process does not significantly alter the milk quality, protein levels, or mineral content of the milk.

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Because raw milk is not pasteurized, it can cause nausea, vomiting, diarrhea, abdominal pain, headaches, and in some cases severe or life threatening illnesses.

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The risk of severe illness is especially high for children under the age of five, adults 65 and older, people with compromised immune systems, and people who are pregnant.

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Pasteurization was developed to combat the illnesses that people got before this process was widely implemented.

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Research does not support claims that raw milk has more nutritional probiotic benefits or benefits for our immune system.

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With no proven health benefits and an increased risk of foodborne illness, pasteurized milk is the safer, more reliable choice.

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Everyone's dietary needs are different.

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To ensure that you get the right nutritional plan for your health, see a registered dietitian nutritionist for an evaluation.

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To learn more about raw milk, visit eatrightpro.org/NutritionFactCheck.