



## Raw Milk

### OVERVIEW

Since the 1920s, milk sold in the US has been routinely pasteurized to kill harmful bacteria that poses a special threat to children and pregnant women. Proponents of raw milk claim that the pasteurization of milk destroys or neutralizes important nutrients in milk and claim health benefits of milk are inactivated by pasteurization. These claims have not been demonstrated in evidence-based studies and do not outweigh the risks of raw milk consumption.

The sale of raw milk across states is prohibited by the US Food and Drug Administration (FDA). However, a state can decide whether to allow the sale of raw milk within its borders by retailers or on farms. A growing movement has led to an influx of state bills that would loosen existing regulation and allow raw milk sale by retailers, on licensed or unlicensed farms, or through cow or herd share programs that allow consumers to pay a farmer to board and care for animals to produce raw milk for those consumers.

### AAP POSITION

- Raw milk and milk products continue to be sources of bacterial infections attributable to a number of virulent pathogens, including *Listeria monocytogens*, *Campylobacter jejuni*, *Salmonella* species, *Brucella* species, and *Escherichia coli* O157.
- The American Academy of Pediatrics (AAP) endorses a ban on the sale of raw or unpasteurized milk in the US, including the sale of certain raw milk cheeses, such as fresh cheeses, soft cheeses, and soft-ripened cheeses.
- The AAP supports state bans on the sale of raw milk and milk products, including sales via farms and through cow or herd share programs.

