The Dangers of Raw Milk

There is a big push for eating less processed foods; fresh produce, whole foods and so on, but some processing leads to a safer food supply. One of these instances is with the pasteurization of milk and dairy products.

Raw milk can contain dangerous microorganisms that can make humans very sick. According to the Center for Disease Control and Prevention, unpasteurized milk is 150 times more likely to cause foodborne illness and result in 13 times more hospitalizations than consuming pasteurized dairy products. Raw milk carries dangerous bacteria such as Salmonella, Escherichia Coli and Listeria. These can be quite dangerous and even deadly, especially for those people who have a weakened immune system, older adults, pregnant women and children.

Pasteurization is a process of heating milk to a specific temperature for a specific period of time in order to destroy harmful bacteria. The procedure was developed by Louis Pasteur in 1864 and is known to kill such harmful bacteria as typhoid, listeria, brucella and the bacteria responsible for diphtheria.

Opponents of pasteurization say that raw milk has a higher nutritional content than pasteurized milk. However, research shows that there is not any meaningful difference in the nutritional value of raw and pasteurized milk. Pasteurized milk still contains small amounts of bacteria that can cause food spoilage, but not serious illness. Therefore, dairy products need to be stored under refrigeration to keep them safe.

Pasteurization of milk does not cause lactose intolerance or milk allergies. Lactose is a milk sugar that is naturally occurring in milk and dairy products. Dairy allergies are caused by a reaction to the proteins found in dairy products. Both raw and pasteurized milk will cause the same reactions to people with these conditions. Pasteurization does not make these reactions any better or worse.

The sale of raw milk is actually prohibited in Michigan. That doesn’t mean that vendors at farmers markets and farm stands don’t try and sell unpasteurized dairy products from time to time. Be sure to take the time to protect yourself from

Many people choose raw milk thinking it will improve their health, but it can cause serious illness in anyone. Outbreaks linked to raw milk have doubled in the past five years.
serious illness by asking that dairy products you are purchasing are made from pasteurized milk. Read food labels. The label of safe dairy products will say “pasteurized” on the label. To avoid foodborne illness from the dangerous bacteria found in raw milk, choose your dairy products carefully.

**We Still Need to Reduce Our Salt Intake**

New recommendations for the American diet will be coming out later this year and there will be many changes, but one consistent recommendation is for Americans to reduce their sodium intake. Salt is made up of sodium and chloride. Therefore, most Americans need to reduce their salt intake. Healthy adults over the age of 50 need to keep their intake of sodium to no more than 1,500 milligrams a day. This is just a little more than ½ a teaspoon of salt.

To consume less salt, start by reading food labels. The nutrition facts on a label will give you both the milligrams of sodium and the %DV or daily value of sodium. Choose foods that are 5% DV or less.

These foods would be considered “low sodium”, “reduced sodium”, or “no salt added” foods. Other ways to reduce sodium in the diet include:

- Limit processed meats that are cured, salted or smoked.
- Do not add salt to the water when boiling pasta or rice.
- Rinse canned goods to reduce the sodium content.
- Use herbs and spices to replace flavor from omitting salt in a recipe.
- When eating out, ask that salt is left out of your food order.
- Remove the salt shaker from your food preparation area and the kitchen table.

**Mighty Meatballs**

*(recipe from Nutrition Matters, Inc.)*

*Note:* Dark green leafy vegetables such as spinach, swiss chard, kale and mustard greens add lots of nutrition to the diet. They contribute iron, folate, potassium, vitamins A and C, and fiber. Choose fresh, crisp, bright colored greens for best quality. One pound of greens is equal to 6 cups of raw leafy greens. This is equal to approximately 1 cup of cooked greens. Store, unwashed in a plastic bag in the refrigerator for up to 5 days.

½ pound ground turkey  
½ cup fresh chopped spinach  
1 egg  
¼ cup bread crumbs  
¼ teaspoon garlic powder  
¼ teaspoon salt  
⅛ teaspoon black pepper  
¼ cup grated Parmesan cheese

Combine all ingredients in a bowl. Shape into 12 meatballs. Spray a metal baking sheet with a nonstick cooking spray. Place the meatballs on the baking sheet. Bake in a 425° F. oven for 16-18 minutes, turning several times to make sure they brown evenly. Serve hot. Makes 4 servings.

**Nutritional Value per serving:**

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<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Fat</td>
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<tr>
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