

**Queso Fresco** is a traditional soft fresh cheese that is popular in the Hispanic community. It is sometimes called “Mexican-style soft fresh cheese.”

### Types of Queso

**Queso Fresco**



**Panela**



**Queso Seco**



**Asadero**



**Queso Oaxaca**



**Queso Cotija**



**BE CAREFUL!** Even though the cheese is:

- Soft and fresh
- Lower cost
- Tastes homemade
- Convenient—comes to your door or neighborhood ...

... **MAKE SURE IT IS SAFE!** Queso Fresco can be part of the diet if it has been made and handled properly.

### Some Queso Fresco is Dangerous

Some queso fresco and other fresh cheeses are not safe to eat because they are:

1. Made with **UNPASTEURIZED** milk
  - Can have dangerous bacteria
2. Made in **UNSANITARY** conditions
  - Can be contaminated



3. Transported **UNREFRIGERATED**
  - Bacteria can multiply



4. Not from a **SAFE SOURCE**
  - No label



## Unpasteurized Milk and Queso

Unpasteurized milk is **RAW** milk that has not been heated enough to kill harmful bacteria

Bacteria found in unpasteurized milk and unpasteurized queso fresco include:

- Listeria
- Salmonella
- *E. coli*
- Brucella
- *M. bovis* (causes tuberculosis)

If you get sick, you could have:

- A miscarriage
- Illness to unborn babies
- Diarrhea
- Fever
- Stomach cramps
- Swollen neck glands (tuberculosis)
- Infection may spread to the blood stream and cause illness or death unless the person is treated promptly with antibiotics

## What You Can Do

- Eat queso fresco only if it's made from pasteurized milk, especially if you are pregnant.
- Buy queso fresco in the refrigerated area of the supermarket.



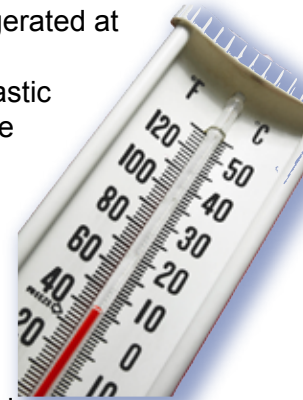
## Buy Queso Fresco That Is:

- Factory sealed and labeled;
- Has pasteurized milk listed in the ingredients; and
- Keep queso fresco cold and refrigerated at all times.



## Tips for Storing and Handling Cheese

- Keep cheese refrigerated at 41° F
- Wrap cheese in plastic wrap after each use
- Wash hands with soap and water before handling food items
- Use different utensils to cut cheese, meat, poultry and seafood



## For More Information

If you become ill, call your doctor. If you have any questions or suspect illegal manufacturing or sales of cheese or other dairy products in your community, please contact the following:

- CA Department of Food and Agricultural Milk and Dairy—(916) 654-0773
- Orange County Department of Environmental Health—(714) 433-6000
- Riverside County Department of Environmental Health—(888) 722-4239
- San Diego County Department of Environmental Health—(619) 338-2379

*Protect the health of you  
and your family ...*

# Eat Safe Cheese!

