MILK.....Nature’s Most Nearly Perfect Food
MILK PRODUCING ANIMALS

- Goats
- Reindeer
- Caribou
- Camels
- Alpacas
- Llamas
- Yak
- Water Buffalo
- Cow
- Sheep
SELECTING & STORING

- Highly Perishable; refrigerate immediately.
- Check expiration date before purchasing.
- Use before *Use By Date* stamped on container.
- Contains *riboflavin*, keep out of sunlight.
- Canned products need to be turned to prevent settling.
- Make selection based on intended use; fat content affects flavor.
MILK’S COMPOSITION

87% Water
4% Carbohydrates
4-5% Protein
3.25% Fat
Less than 1% Vitamins
Less than 1% Minerals
# MILK PROCESSING

- **Pasteurization:** Heating to destroy harmful bacteria.
- **Homogenization:** Mechanical process preventing cream from rising to surface.
- **Fortification:** Addition of vitamins and minerals not naturally there; in milk, Vit A and D.
- **UHT Processed:** Heating to higher temperatures to increase shelf life.
- **Irradiated:** Exposing to low dose of radiation; first done for astronaut program.
NUTRIENT REMOVAL

FAT

Milk Fat or Cream

3.25% of milk composition
TYPES OF MILK

Raw Milk: unpasteurized, unhomogenized, unfortified; in its original form.

Whole Milk: Pasteurized, homogenized, fortified raw milk.

2% Milk: Half the milk fat removed from whole milk.

1% Milk: 3/4ths of milk fat removed from whole milk.

Skim/Nonfat: All milk fat removed from whole milk.

Buttermilk: Bacterium added to produce lactic acid which sours milk.

Evaporated Milk: Has 50% of the water removed; canned.

Sweetened Condensed: 75% water removed; sweetener and butter added. Used in frostings, cookies, and candy.

Flavored Milk: Flavoring such as chocolate added to whole, 2%, 1% or Skim/nonfat milk products.

Eggnog: Whole milk, eggs, cream, and flavorings (vanilla & rum)

Lactose Reduced: Treated with enzyme lactase which breaks lactose into simple sugars, for lactose-intolerance.
OTHER DAIRY PRODUCTS

Half & Half: Half milk and half cream.

Heavy Whipping Cream: Contains most of the fat.

Light Whipping Cream: Contains less fat; still whips.

Light or Coffee Cream: Will not whip.

Sour Cream: Made from light cream, organisms added to thicken and sour.

Non-Dairy: Contain vegetable fats, soy protein, emulsifiers, and vegetable gums rather than real cream.

Dry/Powdered: Has most of water removed; nonfat also has fat removed.

Yogurt: Cultured milk product; flavorings and fruits added.
FROZEN DAIRY PRODUCTS

Ice Cream: Made from cream, whole milk and eggs; French ice cream contains egg yolks only.

Frozen Yogurt: Made from either lowfat or no-fat yogurt.

Sherbet: Made from fruit juices and lowfat milk; high in sucrose.

Ice Milk: Made from whole milk and some cream.
DAIRY SPREADS

Butter: Churned from pasteurized sweet cream.

Whipped Butter: Butter with air whipped in; more perishable and costly.

Sweet Butter: Made without salt therefore more perishable.

Margarine: Imitation butter made from vegetable oils; flavoring, color and Vit. A added.

Soft-Spread Margarines: Water added to margarine to achieve soft, spreadable texture.
MILK IS CONSIDERED NATURES MOST NEARLY PERFECT FOOD BECAUSE.....

It contains all the nutrients!!