



DID YOU KNOW?



Butterfat: Fat found in milk



Pasteurization: Process of heating raw milk to a high temperature and cooling it rapidly to kill any natural bacteria



Fluid Milk: Milk that is sold to stores in the form of milk or cream



Lactose: Sugar that is found only in milk



Homogenization: Process of breaking up globules into smaller particles.



Industrial Milk: Milk sold for further processing into dairy products such as cheese, ice cream, etc.

NUTRITION

Dairy is listed as one of our five food groups. Consuming dairy products is a great way to provide the necessary nutrients needed for your body. Milk is a primary source of calcium.

Calcium is used in building bones, teeth and bone mass. Also found in milk is potassium and vitamin D, which helps with blood pressure and building and maintaining bones.

Each food group has a daily recommendation based on age. It is recommended that girls and boys ranging from ages 9-18 need equivalent to three cups of dairy products a day.

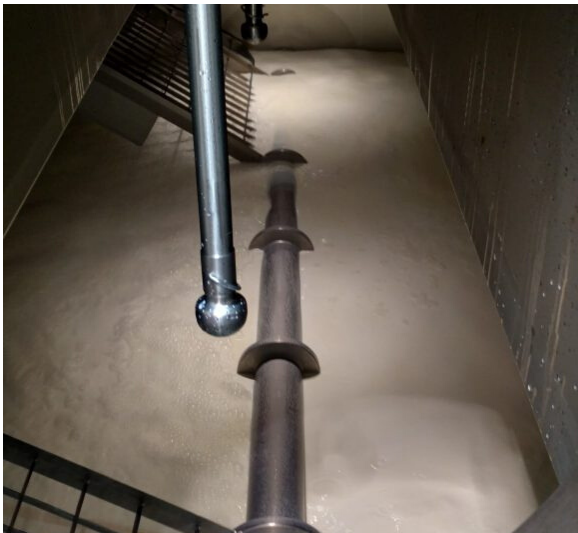


CREAMERY TO GROCERY

The milk truck driver delivers the milk to the creamery where the milk will be processed into a variety of dairy products. Before it is processed, the milk sample is tested for butterfat, protein, bacteria and to ensure antibiotic medicine is not present. If milk is not approved it will be properly disposed of and not consumed. Testing is done to assure the safety of the product.



After the milk has been tested and approved, it continues on to be pasteurized and homogenized. Next, the cream is separated from the milk. After separation, the remaining cream and milk will be remixed to provide the desired fat content for the different types of milk for example, 2%, 1%, skim and whole milk. This milk will be sold as fluid milk. If milk is going to be sold as industrial milk, it will be further processed into other dairy products.



ALL ABOUT MILK

What does 1 serving of dairy look like?



8 fluid ounces
container of yogurt



2 cups of
cottage cheese



1/3 cup of
shredded cheese



1 1/2 cup of
ice cream



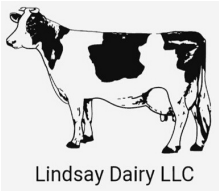
1 cup of
milk



2 cups of pudding
made with milk

A serving size looks different from product to product based on the nutrient content.

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FUN DAIRY FACTS

- It takes 23 pounds of milk to make 1 pound of butter.
- It takes 12 pounds of milk to make 1 gallon of ice cream.
- Chocolate milk DOES NOT come from brown cows. Chocolate milk is a mix of white milk and cocoa.



Buchanan, Delaware and Linn County