



Milk and yoghurt (Infographic)

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Milk is an important source of protein in our diet. Did you know that raw milk may be harmful due to bacteria which causes foodborne illnesses? A short period of heat processing (e.g. pasteurisation) makes milk safe to drink while further food processing turns milk into other products such as yoghurt. This infographic helps us understand the processing steps of milk and yoghurt.

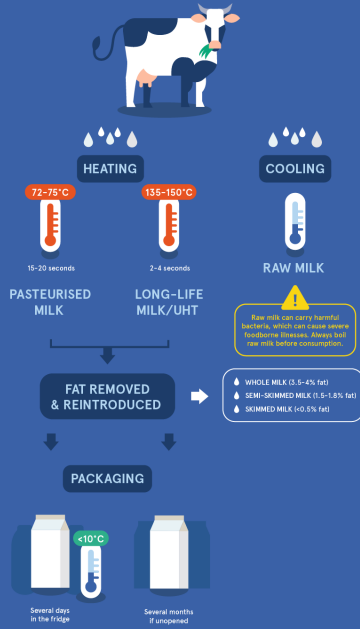
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HEAT TREATED - HARMFUL BACTERIA DEFEATED



How are milk and yoghurt made?

PROCESSING STEPS - MILK



PROCESSING STEPS - YOGHURT



KEY FACTS

- QUALITY**
heating does not significantly affect the nutritional quality of milk.
- FORTIFICATION**
milk can be fortified with vitamin D.
- LACTOSE INTOLERANCE**
if you can't digest milk's sugar lactose, try yoghurts or lactose-free alternatives.