HEAT TREATED -HARMFUL BACTERIA DEFEATED



How is milk made?

PROCESSING STEPS bacteria, which can cause severe **COOLING** foodborne illnesses. Always boil raw milk before consumption. **RAW MILK** 72-75°C 15-20 seconds **PASTEURISED** ♦ WHOLE MILK (3.5-4% fat) **HEATING FAT REMOVED** & REINTRODUCED **♦** SEMI-SKIMMED MILK (1.5–1.8% fat) 135-150°C ♦ SKIMMED MILK (<0.5% fat) 2-4 seconds LONG-LIFE **PACKAGING** MILK/UHT <10°C Several days **Several months** in the fridge if unopened

KEY FACTS



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

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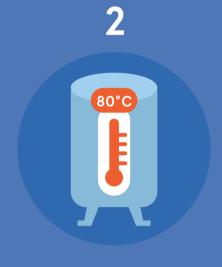


How is yoghurt made?

PROCESSING STEPS



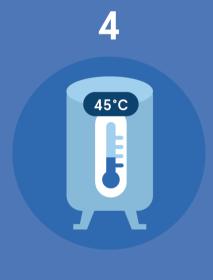
FAT LEVEL TUNNING



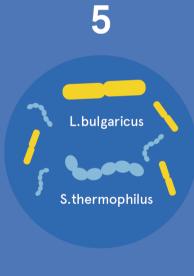
PASTEURISATION



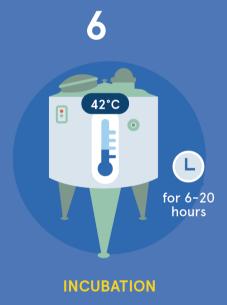
HOMOGENISATION



COOLING



FERMENTATION



7°C

COOLING



