HEAT TREATED - HARMFUL BACTERIA DEFEATED

How is milk made?

PROCESSING STEPS

RAW MILK

COOLING

72-75°C
15-20 seconds
PASTEURISED MILK

HEATING

135-150°C
2-4 seconds
LONG-LIFE MILK/ UHT

PROCESSING STEPS

FAT REMOVED & REINTRODUCED

WHOLE MILK (3.5-4% fat)
SEMI-SKIMMED MILK (1.5-1.8% fat)
SKIMMED MILK (<0.5% fat)

PACKAGING

Several days in the fridge
Several months if unopened

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

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How is yoghurt made?

1. Fat Level Tuning
2. Pasteurisation
3. Homogenisation
4. Cooling
5. Fermentation
6. Incubation
7. Cooling
8. Fruit & Flavour Added Optionally
9. Packaging