

# Defining Dairy

## MILK

From organic to ultra-filtered and everything in between, discover what makes these cow milks unique!

\*Nutrition analysis based on an 8-oz serving of reduced fat (2%) white milk

### Raw Milk

Raw milk is unpasteurized and can contain harmful bacteria. On the farm, raw milk is pumped into a refrigerated bulk tank directly after milking. It is stored at 45°F or less, then transported via insulated tanker to a processing facility where it's pasteurized to destroy disease-causing bacteria such as Salmonella and E.coli.



The Centers for Disease Control and Prevention and the U.S. Food and Drug Administration recommend drinking only pasteurized milk.

### Regular Milk

Milk produced using modern farming practices. Pasteurized milk is heated to 161°F for 15 seconds and lasts for 10-20 days when refrigerated at 34-38°F. Ultra-pasteurized milk is heated to 280°F for 2 seconds, can be stored refrigerated for 30-90 days and lasts 7-10 days after opening when refrigerated at 34-38°F.



### Lactose-free Milk

Milk that does not contain lactose. It is created by adding lactase to regular milk to help break down the lactose (the natural carbohydrate in milk), making it a great option for individuals with lactose intolerance.



### Organic Milk

Milk from farms that meet USDA's National Organic Program Standards. In terms of quality, safety and nutrition, there's no difference between organic and regular milk.



### Ultra-filtered Milk

Milk is separated into its five components: water, lactose/carbohydrates, vitamins and minerals, protein, and butterfat. Dairy companies then recombine those parts in different percentages to make beverages that contain, for example, more protein and calcium or less sugar/carbohydrate.



### Shelf Stable Milk

Ultra-pasteurized milk that is bottled in special aseptic packaging to create a sterile shelf-stable product.



### Powdered Milk

After milk is pasteurized, 97% of water is removed by evaporation and spray drying. When stored in dry, cool conditions it has a shelf life in excess of two years.

\*Nutrients based on 8-oz reconstituted non-fat milk



### A2 Milk

Milk from dairy cows that produce concentrated A2 beta casein, a type of dairy protein. While regular milk contains both A1 and A2 beta casein, A2 milk only contains A2, which is thought to be easier to digest. However, more science is needed to support this.

