

Dairy Products Study Sheet KEY
Guide to Good Food, Chapter 17, pages- 292-299

Dairy Products: are essential for good health
Teens should have- 3 servings a day

Nutrients: major source of calcium; also contains high quality protein, phosphorus, riboflavin and vitamins A and D

Milk- a popular beverage that in US; usually comes from cows

1. Pasteurized- heated to destroy bacteria to improve keeping quality
2. UHT or Ultra High Temperature processing- higher temperature during pasteurization to increase shelf life (store up to 6 months without refrigeration)
3. Homogenization- mechanical process that prevents cream from rising to the surface of whole milk
4. Fortified- generally add vitamins A & D and possibly calcium
5. Milk Fat- fat portion of milk
6. Milk Solids- contain most of the vitamins, minerals, protein and sugar in milk

Cream-

1. Heavy whipping and light whipping- contain fat can hold air when whipped
2. Light cream - table cream and half & half- half milk and half cream; use both in cooking

Cultured Dairy Products: are made from milk to which helpful bacteria have been added; bacteria have been specially grown in labs for this/ bacteria produce lactic acid which gives these products thick texture and tangy flavor

Examples: yogurt, sour cream and cultured buttermilk

Guide To Good Food Chapter 17

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Guide To Good Food Chapter 17:

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