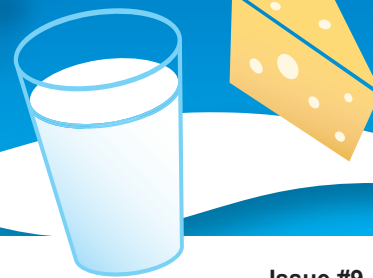


# What's new ... in **dairy** and eggs?



Issue #9

## Dairy Products

Canadians enjoy some of the highest quality and safety standards in the world when it comes to their milk. Some consumers are asking questions about raw milk; is it better than pasteurized milk, does it contain more nutrients, etc. In Canada, it is illegal to sell raw milk. The reason that Health Canada prohibits its sale is to protect consumers from pathogenic bacteria such as *Escherichia coli* O157:H7, *Salmonella* species and *Listeria monocytogenes*, to name a few, which may be found in raw milk and cause serious illness and even death. Raw milk is a nutritious growth medium for bacteria and pasteurization ensures its safety for Canadians.

Pasteurization, the process that uses controlled heat to kill bacteria, has been law in Canada since the late 1930s. Pasteurization does not change the nutritional composition of the milk. There are no studies published in peer-reviewed scientific journals that substantiate claims that raw milk is nutritionally better than pasteurized milk. There is a plethora of anecdotal evidence but nothing that is scientifically proven. Relax and enjoy pasteurized milk knowing it meets the quality and safety standards set out by provincial and Federal governments and is recognized by the scientists at Health Canada as an important part of the Canadian diet. Milk is an important source of 15 essential nutrients and two to four servings a day will boost the quality of one's diet substantially.

## Dairy Industry

We rarely think about where milk comes from or even how it got to our fridge. Most of us still imagine a red barn with a few dairy cows inside and a farmer with a milking stool and bucket. Today's dairy farm is much different and operates with modern efficiency. The dairy farmer must be knowledgeable and competent with computers, business and of course, agriculture.

There are 649 dairy farms in Alberta and the average herd size is 97 cows. Cows live in clean, well ventilated barns. Barns provide comfortable shelter for cold and hot days as cows prefer temperatures around 12 C. More than half of the dairy cows in Alberta are housed in free stall barns. These barns allow the cows to move about or enter a stall at anytime to lie down. Food is located in different areas called feed bunks or feed alleys. At milking time, the cows are moved through gates to the milking parlour.

Dairy cows are milked two or three times a day. Most farms choose to milk their cows at 4:00 am and 4:00 pm. In order to efficiently manage this process, farmers choose one of these modern systems:

1. Parallel milking parlour. In this system, cows enter the parlour and move into a milking stall.

2. Rotary milking system. This system allows for more cows to be milked as the platform rotates with cows entering and exiting at a constant pace.

3. Voluntary milking system. This is the newest method and allows a cow to choose when she wants to be milked. Computer sensors and special robotic technology perform all the tasks that were previously done by the farmer at milking time.

In all systems, the cow's electronic identification tag is scanned and the teats are cleaned and sanitized and then the milking machine is attached. Milk is moved by stainless steel pipes to the bulk storage tank and quickly cooled to 4 C. A milk hauler picks up the milk every other day and delivers it to the dairy processing plant. The processing plant pasteurizes the milk and makes a variety of dairy products we enjoy everyday.

## Featured Dairy Recipe

### Chocolate Chip Muffins

#### Ingredients

1 $\frac{3}{4}$ cups	all purpose flour	425 mL
$\frac{1}{2}$ cup	whole wheat flour	125 mL
2 $\frac{1}{2}$ tsp	baking powder	12 mL
1	ripe banana, mashed (Approx. $\frac{1}{2}$ cup/125 mL)	1
$\frac{1}{2}$ cup	brown sugar, packed	125 mL
2	eggs	2
1 cup	milk	250 mL
$\frac{1}{3}$ cup	butter, melted	75 mL
1 cup	chocolate chips	250 mL

#### Method

1. Preheat oven to 400 F (200 C). Grease a large 12 cup muffin tin or line with paper muffin cups.
2. Sift together dry ingredients. Set aside.
3. Combine mashed banana with brown sugar until smooth. Beat in eggs, milk and melted butter.
4. Stir in dry ingredients only until blended. Add chocolate chips and stir lightly.
5. Spoon mixture into prepared muffin tin. Bake 25 minutes or until slightly browned. Cool on racks.

Makes 12 large muffins

Recipe courtesy of Dairy Farmers of Canada

## Teacher Resources

- Looking for **free** or inexpensive resources? View Alberta Milk's 2008-09 Nutrition Education Resource Catalogue on line at [www.moreaboutmilk.com](http://www.moreaboutmilk.com) and place your order today.
- Check out Alberta Milk's new website [www.moreaboutmilk.com](http://www.moreaboutmilk.com). It's devoted to teachers, health educators and consumers.

## Update your Egg-Q ... Protein for Lasting Energy

Did you know?

- Eggs are one of the most affordable sources of high-quality protein.
- Eggs contain all 9 essential amino acids that your body cannot produce naturally.
- These amino acids are the building blocks of the body. They form protein and are vital to your body's health.
- Protein is an important part of every cell in your body.
- Protein is needed for tissue growth and repair.
- Protein helps your body maintain a healthy metabolism and supplies energy (calories) for your body to work.
- Protein-rich foods like eggs help keep you feeling full longer.
- Protein is found in both the egg yolk and white – it's important to eat the whole egg to benefit from its full potential.

## Smart Shopping

Eggs arrive at the grocery store within 4 to 7 days of being laid.

- To ensure top quality, buy Canada Grade A eggs that have been kept refrigerated and have clean, uncracked shells.
- Look for the maple leaf on the carton that indicates Canada A, as this is a sign of grade A eggs.

When buying eggs, check the Best Before date on the carton. This tells you how long the eggs will maintain their grade A quality.

- Generally, the Best Before date is set for 35 days after the eggs are graded.

Eggs are sized by weight.

- All the eggs in one carton may not be the exact same size, but they are within a specific weight range.

## Eggs and a Healthy Lifestyle

Eating well goes hand-in-hand with being active to help you feel your best. Here are some tips to help you look good – and feel great!

- Eat Well: Follow *Canada's Food Guide to Healthy Eating*. Enjoy a variety of foods from each food group every day.
- Be Active: Get your body moving! Even a 10-minute walk each day can make a difference.
- Relax: Take care of yourself and enjoy your downtime.

### Featured Egg Recipe

#### Rice Pudding

##### Ingredients

4 Large	Eggs	4 Large
3 Cups	Cooked Rice	750 mL
3 Cups	2% milk, warmed	750 mL
1 Cup	White Sugar	250 mL
½ Cup	Raisins	125 mL
1 tsp	Vanilla Extract	5 mL
1 tsp	Nutmeg	5 mL
1 tsp	Cinnamon	5 mL

##### Method

1. In a small glass bowl, whisk eggs together.
2. In a large glass bowl, mix cooked rice, warmed milk, and sugar.
3. Stir in the eggs.
4. Add vanilla, nutmeg, and cinnamon.
5. Pour into a casserole dish and bake at 325 F (163 C) for 25–30 minutes.

## Teacher Resources

Check out our website at [www.eggs.ab.ca](http://www.eggs.ab.ca) for amazing egg-speriments and egg-cellent recipes for cooks of all levels! The site also offers egg carton crafts, egg tricks and egg cooking ideas.

The new 2008–2009 *EGGcellent Resources for Alberta Teachers* resource list and order form is now available via [www.eggs.ab.ca](http://www.eggs.ab.ca) or via our address below. Resources are free of charge, plus a minimal handling fee.