



1% milk is one variety of partially skimmed milk. The 1% refers to the percentage of fat by weight that the milk contains. 1% milk is lower in fat than “whole” milk that comes directly from the cow. All milk produced in Alberta is pasteurized and fortified with vitamin D. Vitamin A is added back to 1%, 2% and skim milk because this vitamin is lost when the fat is removed. This milk is also homogenized, which disperses the fat more evenly throughout the milk and keeps it from separating. 1% milk is available in cartons, bottles and jugs.

Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness. Milk is heated to a high temperature and then rapidly cooled. Pasteurization does not involve the use of any additives.

Pasteurization makes milk safe to drink and increases the length of time it can be kept before it spoils. The nutrient losses due to pasteurization are so small they are considered insignificant.

Canadian milk is free of antibiotics and synthetic growth hormones.



Nutrition Facts

Per 100 ml

Amount	% Daily Value
Calories 43	
Fat 1g	2%
Saturated 0.3g	2%
+ Trans 0g	
Cholesterol 5mg	2%
Sodium 45mg	2%
Carbohydrates 5.1g	2%
Fibre 0g	0%
Sugars 5.4g	
Protein 3.5g	
Vitamin A 7%	Vitamin C 0%
Calcium 12%	Iron 0%

Storage & handling

- When shopping, pick up the milk last so it doesn't warm up while you fill your basket.
- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest milk possible and always use by the “best before date.” Remember to open new milk containers in the same order in which you bought them. First in the fridge, first out.
- Keep milk containers closed and store away from strong-smelling food items in the fridge – the milk can pick up those odours.
- Store milk on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Whenever possible, leave milk in its original container to safeguard its flavour and nutrients.
- To avoid spoilage, do not return unused milk from a serving pitcher to the original container.
- Milk can be frozen for up to 3 weeks. However, upon thawing it can separate and lose its smooth texture. Partly skimmed and skim milk freeze better than whole milk. If it separates upon thawing, beat it with an electric mixer or an immersion blender with the whip attachment.
- If freezing foods such as soups or stews, add the milk after you reheat the thawed food.

Tip!

- Partly skimmed milks are the most popular types of milk for everyday use. You can use both 1% and 2% interchangeably in recipes that call for milk.
- One *Canada's Food Guide* serving of milk and alternatives is 250 ml (1 cup) of fluid milk. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



Evaporated canned milk has over half, usually 60 percent, of the water removed from fresh skim, 2% or 3.25% milk. When evaporated milk is **reconstituted**, or has water added back into it, it can be used in the same way as fresh milk. To reconstitute, an equal amount of water is added to the evaporated milk.

Evaporated milk can also be called **concentrated milk** and can be found with different percentages of milk fat.

The high temperature needed to sterilize the milk causes a browning reaction to occur between the milk protein and lactose, giving this milk a slightly darker colour. This canning process also results in a slightly caramelized taste.

After 60 percent of the water is removed by evaporation, the milk is homogenized, cooled and canned. Then it is sterilized by heating for 10 to 15 minutes at 98.9° C to 120° C. Controlled amounts of disodium phosphate and/or sodium citrate preserve the "salt balance" and prevent coagulation of the milk that might occur at high temperatures and during storage.



Nutrition Facts	
Per 100 ml	
Amount	% Daily Value
Calories 98	
Fat 2.1g	3%
Saturated 1.3g	6%
+ Trans 0g	
Cholesterol 8mg	3%
Sodium 118mg	5%
Carbohydrates 11.7g	4%
Fibre 0g	0%
Sugars 10.7g	
Protein 7.8g	
Vitamin A 13%	Vitamin C 55%
Calcium 27%	Iron 2%

Storage & handling

- Canned evaporated milk can be stored unrefrigerated until opened.
- After evaporated milk has been opened, it should be stored and handled like fresh milk.
- After opening canned milk, immediately transfer any unused portions to a clean, opaque and airtight container.
- Use the canned milk within 3 days of opening.
- Always use by the "best before date." Try to use older cans first. Throw out cans that are leaking, rusted, dented, cracked or have bulging lids.
- Refrigerate at 4° C as soon as possible after opening and/or reconstituting.
- Store reconstituted milk on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Leftover evaporated milk can be frozen in an airtight container for up to 6 weeks with no adverse effects.
- Do not return reconstituted milk to the original container.

Tip!

- ☑ Evaporated milk is sealed into cans and is heat tolerant, making it excellent for baked goods and slow-cooker recipes.
- ☑ One *Canada's Food Guide* serving of milk and alternatives is 125 ml (½ cup) of evaporated or canned milk. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



Chocolate milk is made from white milk. It is pasteurized and contains partly skimmed milk, sugar, cocoa, colour, salt, carrageenan, artificial flavour, vitamin A and vitamin D3. **Carrageenan**, a natural plant-based thickening agent, is found in all chocolate milk. Vitamin A is added back to 1%, 2% and skim milk because this vitamin is lost when the fat is removed. This milk is also homogenized, which disperses the fat more evenly throughout the milk and keeps it from separating. 2% chocolate milk is available in cartons, bottles and jugs.

Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness. Milk is heated to a high temperature and then rapidly cooled. Pasteurization does not involve the use of any additives.

Pasteurization makes milk safe to drink and increases the length of time it can be kept before it spoils. The nutrient losses due to pasteurization are so small they are considered insignificant.

Canadian milk is free of antibiotics and synthetic growth hormones.



Nutrition Facts	
Per 100 ml	
Amount	% Daily Value
Calories 81	
Fat 2g	3%
Saturated 1.2g	6%
+ Trans 0g	
Cholesterol 8mg	3%
Sodium 70mg	3%
Carbohydrates 12.8g	4%
Fibre 0.7g	3%
Sugars 10.1g	
Protein 3.2g	
Vitamin A 7%	Vitamin C 0%
Calcium 10%	Iron 2%

Storage & handling

- When shopping, pick up the milk last so it doesn't warm up while you fill your basket.
- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest milk possible and always use by the "best before date." Remember to open new milk containers in the same order in which you bought them. First in the fridge, first out.
- Keep milk containers closed and store away from strong-smelling food items in the fridge – the milk can pick up those odours.
- Store milk on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Whenever possible, leave milk in its original container to safeguard its flavour and nutrients.
- To avoid spoilage, do not return unused milk from a serving pitcher to the original container.
- Milk can be frozen for up to 3 weeks. However, upon thawing it can separate and lose its smooth texture. Partly skimmed and skim milk freeze better than whole milk. If it separates upon thawing, beat it with an electric mixer or an immersion blender with the whip attachment.

Tip!

- Make hot chocolate with chocolate milk. Heat over gentle heat, stirring to prevent scorching. If a skin forms, skim it from the surface.
- One *Canada's Food Guide* serving of milk and alternatives is 250 ml (1 cup) of fluid milk. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



2% milk is one variety of partially skimmed milk. The 2% refers to the percentage of fat by weight that the milk contains. 2% milk is lower in fat than “whole” milk that comes directly from the cow. All milk produced in Alberta is pasteurized and fortified with vitamin D. Vitamin A is added back to 1%, 2% and skim milk because this vitamin is lost when the fat is removed. This milk is also homogenized, which disperses the fat more evenly throughout the milk and keeps it from separating. 2% milk is available in cartons, bottles and jugs.

Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness. Milk is heated to a high temperature and then rapidly cooled. Pasteurization does not involve the use of any additives.

Pasteurization makes milk safe to drink and increases the length of time it can be kept before it spoils. The nutrient losses due to pasteurization are so small they are considered insignificant.

Canadian milk is free of antibiotics and synthetic growth hormones.



Nutrition Facts

Per 100 ml

Amount	% Daily Value
Calories 52	
Fat 2g	3%
Saturated 0.7g	4%
+ Trans 0.1g	
Cholesterol 8mg	3%
Sodium 48mg	2%
Carbohydrates 5g	2%
Fibre 0g	0%
Sugars 5.2g	
Protein 3.4g	
Vitamin A 7%	Vitamin C 0%
Calcium 11%	Iron 0%

Storage & handling

- When shopping, pick up the milk last so it doesn't warm up while you fill your basket.
- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest milk possible and always use by the “best before date.” Remember to open new milk containers in the same order in which you bought them. First in the fridge, first out.
- Keep milk containers closed and store away from strong-smelling food items in the fridge – the milk can pick up those odours.
- Store milk on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Whenever possible, leave milk in its original container to safeguard its flavour and nutrients.
- To avoid spoilage, do not return unused milk from a serving pitcher to the original container.
- Milk can be frozen for up to 3 weeks. However, upon thawing it can separate and lose its smooth texture. Partly skimmed and skim milk freeze better than whole milk. If it separates upon thawing, beat it with an electric mixer or an immersion blender with the whip attachment.
- If freezing foods such as soups or stews, add the milk after you reheat the thawed food.

Tip!

- Partly skimmed milks are the most popular types of milk for everyday use. You can use both 1% and 2% interchangeably in recipes that call for milk.
- One *Canada's Food Guide* serving of milk and alternatives is 250 ml (1 cup) of fluid milk. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



Whole milk is **homogenized** and contains at least 3.25% milk fat. All milk produced in Alberta is pasteurized and fortified with vitamin D. Whole milk is available in cartons, bottles and jugs. Homogenized, or whole, milk does not need to be fortified with vitamin A as levels of this vitamin are already sufficient.

Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness. Milk is heated to a high temperature and then rapidly cooled. Pasteurization does not involve the use of any additives. Pasteurization makes milk safe to drink and increases the length of time it can be kept before it spoils. The nutrient losses due to pasteurization are so small they are considered insignificant.

Homogenized milk was first introduced in the 1920s and, since then, has become very common. Homogenization does not affect the composition of milk. Homogenization changes the size of the fat globules, making them more uniform, so the fat remains more evenly dispersed throughout the milk. This means the fat will not rise to the top or cling to the sides of the container.



Canadian milk is free of antibiotics and synthetic growth hormones.

Nutrition Facts

Per 100 ml

Amount	% Daily Value
Calories 63	
Fat 3.4g	3%
Saturated 0.7g	4%
+ Trans 0.1g	
Cholesterol 8mg	3%
Sodium 48mg	2%
Carbohydrates 5g	2%
Fibre 0g	0%
Sugars 5.2g	
Protein 3.4g	
Vitamin A 7%	Vitamin C 0%
Calcium 11%	Iron 0%

Storage & handling

- When shopping, pick up the milk last so it doesn't warm up while you fill your basket.
- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest milk possible and always use by the "best before date." Remember to open new milk containers in the same order in which you bought them. First in the fridge, first out.
- Keep milk containers closed and store away from strong-smelling food items in the fridge – the milk can pick up those odours.
- Store milk on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Whenever possible, leave milk in its original container to safeguard its flavour and nutrients.
- To avoid spoilage, do not return unused milk from a serving pitcher to the original container.
- Milk can be frozen for up to 3 weeks. However, upon thawing it can separate and lose its smooth texture. Partly skimmed and skim milk freeze better than whole milk. If it separates upon thawing, beat it with an electric mixer or an immersion blender with the whip attachment.
- If freezing foods such as soups or stews, add the milk after you reheat the thawed food.

Tip!

- Whole milk is often called for in dessert recipes and adds just a touch of extra richness in coffee, soups and other savoury dishes. It can be used in any recipe that calls for milk.
- One *Canada's Food Guide* serving of milk and alternatives is 250 ml (1 cup) of fluid milk. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



Light cream is a blend of milk and cream. 5% or 6% light cream is a little richer than whole milk but lighter than other creams. It is a popular choice for everyday use. It is available in cartons.

Cream naturally separates from, and floats on top of, the milk layer of freshly gathered milk. Cream is separated from milk by machine. The fat content of whole cream ranges from 35 percent to 45 percent. This cream is then processed further into different types of cream by adding milk in different amounts.

All cream sold in Canada is pasteurized. Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness. This cream is also homogenized, which disperses the fat more evenly throughout the milk and keeps it from separating.

In **High Temperature, Short Time (HTST)** pasteurization, milk is heated to at least 72° C for 16 seconds, then cooled to 4° C.

In **Ultra High Temperature (UHT)** pasteurization, milk is heated to 138° C for not less than two seconds, then quickly cooled to 2° C. A new process called **micro-filtration** is a patented process that uses a membrane strainer to filter most of the bacteria out of the milk.



Nutrition Facts	
Per 15 ml	
Amount	% Daily Value
Calories 15	
Fat 1g	2%
Saturated 0.5g	2%
+ Trans 0g	
Cholesterol 5mg	2%
Sodium 10mg	0%
Carbohydrates 1g	0%
Fibre 0g	0%
Sugars 1g	
Protein 0.5g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 0%

Storage & handling

- Refrigerate at 4° C as soon as possible after purchase.
- Opened cartons of cream should be refrigerated immediately after use and used up within one week.
- Store cream on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Buy the freshest cream possible and always use by the “best before date.” Buy smaller amounts more often rather than storing open, large containers in the refrigerator.
- Cream does not freeze well. Upon thawing, it can separate and lose its creamy texture. If freezing foods such as soups or stews, add the cream after you reheat the thawed food.

Tip!

- Light cream can be used to provide a creamier texture in smoothies, coffee, hot chocolate and other recipes that call for milk.



Half-and-half cream is an equal blend of whole cream and milk. Half-and-half cream is available in cartons and in shelf-stable boxes.

Cream naturally separates from, and floats on top of, the milk layer of freshly gathered milk. Cream is separated from milk by machine. The fat content of whole cream ranges from 35 percent to 45 percent. This cream is then processed further into different types of cream by adding milk in different amounts.

All cream sold in Canada is pasteurized. Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness. This cream is also homogenized, which disperses the fat more evenly throughout the milk and keeps it from separating.

In **High Temperature, Short Time (HTST)** pasteurization, milk is heated to at least 72° C for 16 seconds, then cooled to 4° C. In **Ultra High Temperature (UHT)** pasteurization, milk is heated to 138° C for not less than two seconds, then quickly cooled to 2° C. A new process called **micro-filtration** is a patented process that uses a membrane strainer to filter most of the bacteria out of the milk.



Nutrition Facts	
Per 15 ml	
Amount	% Daily Value
Calories 18	
Fat 1.5g	2%
Saturated 1g	5%
+ Trans 0g	
Cholesterol 5mg	2%
Sodium 6mg	0%
Carbohydrates 0.7g	0%
Fibre 0g	0%
Sugars 0g	
Protein 0.5g	
Vitamin A 1%	Vitamin C 0%
Calcium 1%	Iron 0%

Storage & handling

- Refrigerate at 4° C as soon as possible after purchase.
- Opened cartons of cream should be refrigerated immediately after use and used up within one week.
- Store cream on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Buy the freshest cream possible and always use by the “best before date.” Buy smaller amounts more often rather than storing open, large containers in the refrigerator.
- Cream does not freeze well. Upon thawing, it can separate and lose its creamy texture. If freezing foods such as soups or stews, add the cream after you reheat the thawed food.

Tip!

- ☑ Half-and-half cream is often used over fresh fruit or in coffee. It can add a light creamy texture to chilled soups or used in place of milk in recipes to add richness.



Table cream is a blend of cream and milk in a higher proportion of cream than half-and-half cream. 15% or 18% table cream is available in cartons.

Cream naturally separates from, and floats on top of, the milk layer of freshly gathered milk. Cream is separated from milk by machine. The fat content of whole cream ranges from 35 percent to 45 percent. This cream is then processed further into different types of cream by adding milk in different amounts.

All cream sold in Canada is pasteurized. Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness. This cream is also homogenized, which disperses the fat more evenly throughout the milk and keeps it from separating.

In **High Temperature, Short Time (HTST)** pasteurization, milk is heated to at least 72° C for 16 seconds, then cooled to 4° C. In **Ultra High Temperature (UHT)** pasteurization, milk is heated to 138° C for not less than two seconds, then quickly cooled to 2° C. A new process called **micro-filtration** is a patented process that uses a membrane strainer to filter most of the bacteria out of the milk.



Nutrition Facts	
Per 15 ml	
Amount	% Daily Value
Calories 28	
Fat 2.7g	4%
Saturated 1.7g	9%
+ Trans 0g	
Cholesterol 9mg	3%
Sodium 6mg	0%
Carbohydrates 0.6g	0%
Fibre 0g	0%
Sugars 0g	
Protein 0.4g	
Vitamin A 3%	Vitamin C 0%
Calcium 1%	Iron 0%

Storage & handling

- Refrigerate at 4° C as soon as possible after purchase.
- Opened cartons of cream should be refrigerated immediately after use and used up within one week.
- Store cream on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Buy the freshest cream possible and always use by the “best before date.” Buy smaller amounts more often rather than storing open, large containers in the refrigerator.
- Cream does not freeze well. Upon thawing, it can separate and lose its creamy texture. If freezing foods such as soups or stews, add the cream after you reheat the thawed food.

Tip!

- ☑ Table cream can be drizzled over desserts or fresh fruit, in gently heated sauces and soups and in coffee.



Whipping cream is a thick, pourable cream that is used in cooking and for whipping. It may have stabilizers added to increase its whipping properties. Whipping cream is available in cartons and pre-sweetened in pressurized cans.

Cream naturally separates from, and floats on top of, the milk layer of freshly gathered milk. Cream is separated from milk by machine. The fat content of whole cream ranges from 35 percent to 45 percent. This cream is then processed further into different types of cream by adding milk in different amounts.

All cream sold in Canada is pasteurized. Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness. This cream is also homogenized, which disperses the fat more evenly throughout the milk and keeps it from separating.

In **High Temperature, Short Time (HTST)** pasteurization, milk is heated to at least 72° C for 16 seconds, then cooled to 4° C. In **Ultra High Temperature (UHT)** pasteurization, milk is heated to 138° C for not less than two seconds, then quickly cooled to 2° C. A new process called **micro-filtration** is a patented process that uses a membrane strainer to filter most of the bacteria out of the milk.



Nutrition Facts	
Per 100 ml whipped	
Amount	% Daily Value
Calories 166	
Fat 17.8g	2%
Saturated 11.1g	55%
+ Trans 0g	
Cholesterol 65mg	22%
Sodium 18mg	1%
Carbohydrates 1.4g	0%
Fibre 0g	0%
Sugars 0.1g	
Protein 1.1g	
Vitamin A 19%	Vitamin C 0%
Calcium 3%	Iron 0%

Storage & handling

- Refrigerate at 4° C as soon as possible after purchase.
- Opened cartons of cream should be refrigerated immediately after use and used up within one week.
- Store cream on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Buy the freshest cream possible and always use by the “best before date.” Buy smaller amounts more often rather than storing open, large containers in the refrigerator.
- Cream does not freeze well. Upon thawing, it can separate and lose its creamy texture. If freezing foods such as soups or stews, add the cream after you reheat the thawed food.

Tip!

- ☑ Whipping cream can be added to hot sauces and those that include acidic ingredients such as wine or tomatoes. It can be simmered or boiled without the risk of affecting the smooth texture.
- ☑ Whipping cream can be whipped at a high speed and vanilla or sugar added. Whipped cream is often used in desserts such as mousses, pies, cakes and frostings, as well as on hot beverages.



Balkan-style or set-style yogurt has a thick texture and is excellent for enjoying plain or using in recipes.

There are a number of varieties, including low-fat, fat-free, probiotic, prebiotic, organic and enriched.

Yogurt is made by fermenting fresh milk and/or cream using lactic bacteria starters or “cultures.” Bacteria are added to heated, pasteurized and homogenized milk, and the milk is incubated at a specific temperature to maximize the activity of the bacteria. The warm cultured milk mixture is poured into containers and incubated without any further stirring.

The bacteria converts the lactose to **lactic acid**, which thickens the milk and gives it the tangy taste that is characteristic of yogurt.

The yogurt is then cooled and flavoured with fruit, sugar, other sweeteners or flavourings. Stabilizers, such as gelatin, may also be added.



Nutrition Facts

Per 100 g plain 2% to 4% M.F.

Amount	% Daily Value
Calories 74	
Fat 2.9g	4%
Saturated 1.9g	9%
+ Trans 0g	
Cholesterol 10mg	3%
Sodium 63mg	3%
Carbohydrates 6.9g	2%
Fibre 0g	0%
Sugars 4.8g	
Protein 4.9g	
Vitamin A 2%	Vitamin C 1%
Calcium 15%	Iron 0%

Storage & handling

- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest yogurt possible and always use by the “best before date.”
- Refrigerate it immediately after you buy it, storing it on the colder shelves rather than in the door.
- The “best before date” indicates the maximum date for the unopened product. Once opened, use the yogurt within a week.
- Protect yogurt from other foods with strong odours by sealing it tightly.
- Spoon as much yogurt as you’re going to eat into your bowl with a clean spoon. To avoid cross-contamination, which will speed up spoilage, don’t return unused portions to the original container.
- Do not freeze yogurt. Freezing affects the texture and flavour.

Tip!

- ☑ Yogurt is a healthy snack on its own, and one of the rare foods that can be consumed without any preparation. Yogurt is used in recipes for everything from appetizers and main courses to soups, sauces and desserts. It can be substituted for mayonnaise and salad dressing, and used as the main ingredient in a vegetable or fruit dip.
- ☑ One *Canada's Food Guide* serving of milk and alternatives is 175 grams (¾ cup) of yogurt. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



Churned butter is traditional, salted butter made by churning pasteurized cream. Canadian regulations require butter to contain at least 80 percent fat, about 16 percent water and about 3 percent milk solids. It is generally available in 454 gram blocks, 250 gram blocks and 454 gram blocks of four individually wrapped sticks.

Churned butter is available in salted and unsalted versions. A "semi-salted" version has about half the amount of salt of regular salted butter.

Butter is made with fresh milk. Cream is separated from fresh whole milk using centrifugal force. It is then pasteurized by heating it rapidly to a high temperature to eliminate potential disease-causing bacteria and help butter stay fresh longer.

Once pasteurized, the cream is beaten vigorously in a churning cylinder until it thickens naturally into butter. The buttermilk is drained off, and the butter is mixed and blended. Salt is sometimes added at this point.



Nutrition Facts

Per 100 g salted

Amount	% Daily Value
Calories 509	
Fat 55.1g	85%
Saturated 34.3g	172%
+ Trans 0g	
Cholesterol 106mg	35%
Sodium 450mg	19%
Carbohydrates 0g	0%
Fibre 0g	0%
Sugars 0g	
Protein 3.3g	
Vitamin A 47%	Vitamin C 0%
Calcium 4%	Iron 8%

Storage & handling

- Buy the freshest butter possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Keep butter refrigerated in its original wrapper to prevent spoilage from exposure to light and air and protect butter from picking up the flavour of other foods.
- If well wrapped, opened salted and unsalted butter will keep in the fridge for 3 weeks. Butter will keep its fresh taste better if it is wrapped again in extra foil or plastic.
- Maintain the freshness of butter with proper wrapping. Carefully unwrap the foil-laminated paper and cut off as much butter as needed, then re-wrap the remaining butter with the paper. Don't cut through the wrap or tear it off, as this will leave butter exposed.
- Butter freezes well, but should be further protected by over-wrapping it in additional foil or heavy-duty plastic wrap or a freezer bag. Properly wrapped, salted butter will keep in the freezer for up to one year and unsalted will keep for up to 3 months. After this, it may begin to lose the fresh butter flavour and pick up other odours or flavours from the freezer.
- For the freshest flavour, store only as much butter at room temperature in a covered butter dish that will be used within 2 to 3 days. In warm summer months, only take out what is used in one day.

Tip!

- Butter is yellow because of the natural pigment carotene. Carotene is also why butter is a source of vitamin A. Carotene comes from the cows' diet, which consists mostly of hay, silage, grains and cereals, which are converted by our body into vitamin A.



Buttermilk is fresh milk with an added bacterial culture, similar to yogurt. It can also be called cultured buttermilk.

Bacterial culture gives the buttermilk a tangy flavour and its thick, rich texture. Traditionally, buttermilk was the low-fat liquid that remained after cream was churned into butter.

Buttermilk can contain from 0.1 to 2 percent milk fat.

Buttermilk is produced from pasteurized skim milk fortified with skimmed milk solids, or from partly skimmed milk to which milk fat is added in the form of homogenized cream.

The bacterial culture is added to milk, incubated under controlled conditions until 0.8 percent to 0.9 percent acidity is reached and then cooled quickly to 10° C. At this time, salt may be added for flavour. Buttermilk is then stored at 4° C.



Nutrition Facts

Per 100 ml of 2% buttermilk

Amount	% Daily Value
Calories 58	
Fat 2.1g	3%
Saturated 1.3g	6%
+ Trans 0.1g	
Cholesterol 8mg	3%
Sodium 89mg	4%
Carbohydrates 5.5g	2%
Fibre 0g	0%
Sugars 5.5g	
Protein 4.2g	
Vitamin A 2%	Vitamin C 3%
Calcium 13%	Iron 0%

Storage & handling

- When shopping, pick up the buttermilk last so it doesn't warm up while you fill your basket.
- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest buttermilk possible and always use by the "best before date." Remember to open new milk containers in the same order in which you bought them. First in the fridge, first out.
- Store buttermilk in a closed container and keep it on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Whenever possible, leave buttermilk in its original container to safeguard its flavour and nutrients.
- To avoid spoilage, do not return unused buttermilk from a serving pitcher to the original container.
- Buttermilk can separate when it sits. It should be shaken well before using.

Tip!

- ☑ Buttermilk adds tenderness to baked goods, and a light, tangy flavour to soups and salads.
- ☑ One *Canada's Food Guide* serving of milk and alternatives is 250 ml (1 cup) of fluid milk. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



Crème fraîche is a naturally soured, thickened cream with a slightly tangy, nutty flavour and a rich texture. Crème fraîche ranges from the texture of a thick, spoonable cream to almost solid, like butter. It is available at some grocery stores and specialty food markets.

Cream naturally separates from, and floats on top of the milk layer of freshly gathered milk. Cream is separated from milk by machine. The fat content of whole cream ranges from 35 to 45 percent. This cream is then processed further into different types of cream by adding milk in different amounts. Crème fraîche is made by adding a cultured buttermilk or sour cream to whipping cream.

All cream sold in Canada is pasteurized. Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness.

In **High Temperature, Short Time (HTST)** pasteurization, milk is heated to at least 72° C for 16 seconds, then cooled to 4° C. In **Ultra High Temperature (UHT)** pasteurization, milk is heated to 138° C for not less than two seconds, then quickly cooled to 2° C. A new process called **micro-filtration** is a patented process that uses a membrane strainer to filter most of the bacteria out of the milk.



Nutrition Facts	
Per 15 ml 40% M.F.	
Amount	% Daily Value
Calories 60	
Fat 6g	6%
Saturated 4g	20%
+ Trans 0.2g	
Cholesterol 25mg	0%
Sodium 5mg	0%
Carbohydrates 0g	0%
Fibre 0g	0%
Sugars 0g	
Protein 0.3g	
Vitamin A 6%	Vitamin C 0%
Calcium 0%	Iron 0%

Storage & handling

- Refrigerate at 4° C as soon as possible after purchase.
- Opened cartons of cream should be refrigerated immediately after use and used up within one week.
- Store cream on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Buy the freshest cream possible and always use by the “best before date.” Buy smaller amounts more often rather than storing open, large containers in the refrigerator.
- Cream does not freeze well. Upon thawing, it can separate and lose its creamy texture. If freezing foods such as soups or stews, add the cream after you reheat the thawed food.

Tip!

- ☑ Crème fraîche can be used in place of sour cream or appetizers and dips or slightly sweetened for desserts.



Fortified soy beverages can be used as an alternative to cow's milk. They contain added vitamins and minerals to make them a nutritionally adequate alternative. Look for the word "fortified" on the label.

Some rice, potato and almond beverages are fortified with calcium, vitamin D and other nutrients. However, these types of beverages do not contain the level of protein found in milk or fortified soy beverage.

Non-dairy beverages are made from plants. They are used by people who have a milk allergy, lactose intolerance or follow a vegan diet. Only soy beverage is part of *Canada's Food Guide*.

Soy beverages are made from soybeans. It is the liquid that remains after soybeans are soaked, finely ground and strained.



Nutrition Facts	
Per 100 ml soy beverage, enriched	
Amount	% Daily Value
Calories 44	
Fat 1.5g	2%
Saturated 0.2g	1%
+ Trans 0.2g	
Cholesterol 0mg	0%
Sodium 48mg	2%
Carbohydrates 5.1g	2%
Fibre 0.2g	1%
Sugars 3.7g	
Protein 2.7g	
Vitamin A 43%	Vitamin C 0%
Calcium 12%	Iron 3%

Storage & handling

- Fortified soy beverage can be stored unrefrigerated until opened.
- After fortified soy beverage has been opened, it should be stored and handled like fresh milk.
- After opening fortified soy beverage, immediately transfer any unused portions to a clean, opaque and airtight container.
- Use the soy beverage within 3 days of opening.
- Always use by the "best before date."
- Refrigerate at 4° C as soon as possible after opening.
- Store soy beverage on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Leftover soy beverage can be frozen in an airtight container for up to 6 weeks with no adverse effects.

Tip!

- ☑ The coagulated protein from soy beverage can be made into tofu, similar to the process of making dairy milk into cheese. Soy beverage can be used in many vegan and vegetarian food products and recipes.
- ☑ One *Canada's Food Guide* serving of milk and alternatives is 250 ml (1 cup) of fortified soy beverage. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



Ghee is a semi-fluid clarified butter that is sold in jars. Milk solids are removed in the clarifying process so ghee stays semi-firm and fresher at room temperature than whole butter. It is available at large supermarkets and specialty stores.

Clarified butter is butter with its water and milk solids removed. Once clarified, butter can resist higher cooking temperatures, making it better for pan-frying than whole butter. It is also used as a base for various sauces. As it is a clarified butter, ghee is composed primarily of fat.

Butter is made with fresh milk. Cream is separated from fresh whole milk using centrifugal force. It is then pasteurized by heating it rapidly to a high temperature to eliminate potential disease-causing bacteria and help butter stay fresh longer.

Once pasteurized, the cream is beaten vigorously in a churning cylinder until it thickens naturally into butter. The buttermilk is drained off, and the butter is mixed and blended. At this point, salt is sometimes added.

Clarified butter is melted over a low heat and allowed to simmer until most of the water has been evaporated. Ghee uses a longer cooking time so that more moisture is removed and milk solids caramelize. These milk solids are then removed from the ghee.



Nutrition Facts

Per 100 g salted

Amount	% Daily Value
Calories 509	
Fat 55.1g	85%
Saturated 34.3g	172%
+ Trans 0g	
Cholesterol 106mg	35%
Sodium 450mg	19%
Carbohydrates 0g	0%
Fibre 0g	0%
Sugars 0g	
Protein 3.3g	
Vitamin A 47%	Vitamin C 0%
Calcium 4%	Iron 8%

Storage & handling

- Ghee has a long shelf life. If it is kept in an airtight container, it needs no refrigeration. If it is stored in an open container, it should be refrigerated at 4° C.
- Ghee can be frozen.
- For the freshest flavour, store only as much ghee at room temperature in a covered container that will be used within 2 to 3 days. In warm summer months, only take out what is used in one day.

Tip!

- Ghee is most commonly used in Indian and other Eastern cuisines.



Goat milk has similar amounts of protein, fat, and carbohydrates as cow milk but the protein is a different type. Some people who are allergic to cow milk are able to tolerate goat milk. However, there is also no guarantee that a person who is allergic to cow milk will not be allergic to goat milk.

Lactose is present in all milks, including goat milk. Therefore, goat milk is often not a good substitute for cow milk for people with lactose intolerance.

Goat milk contains essential amino acids as well as vitamin A and minerals such as calcium, potassium, magnesium and phosphorus.

Goat milk is pasteurized and must be handled with care to maintain its quality.

Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness. Milk is heated to a high temperature and then rapidly cooled. Pasteurization does not involve the use of any additives.



Pasteurization makes milk safe to drink and increases the length of time it can be kept before it spoils.

Nutrition Facts	
Per 100 ml enriched whole goat	
Amount	% Daily Value
Calories 71	
Fat 4.3g	7%
Saturated 2.8g	14%
+ Trans 0g	
Cholesterol 11mg	4%
Sodium 52mg	2%
Carbohydrates 4.6g	2%
Fibre 0g	0%
Sugars 4.6g	
Protein 3.7g	
Vitamin A 6%	Vitamin C 2%
Calcium 13%	Iron 0%

Storage & handling

- When shopping, pick up the goat milk last so it doesn't warm up while you fill your basket.
- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest goat milk possible and always use by the "best before date." Remember to open new goat milk containers in the same order in which you bought them. First in the fridge, first out.
- Keep goat milk containers closed and store away from strong-smelling food items in the fridge – the goat milk can pick up those odours.
- Store goat milk on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Whenever possible, leave goat milk in its original container to safeguard its flavour and nutrients.
- To avoid spoilage, do not return unused goat milk from a serving pitcher to the original container.

Tip!

- ☑ A wide range of products are made from goat milk and are available in Alberta. These include **chevres**, which are hard and soft cheeses, as well as yogurt and ice cream.
- ☑ One *Canada's Food Guide* serving of milk and alternatives is 250 ml (1 cup) of goat milk. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



Greek yogurt is a very thick yogurt that is either made from milk that has had some water removed or by straining whey from plain yogurt to make it thicker and creamier. Greek yogurt tends to hold up better when heated than regular yogurt, making it perfect for cooking. It is also referred to as Mediterranean or Mediterranean-style yogurt. Greek yogurt has a higher protein content.

There are a number of varieties, including low-fat, fat-free, probiotic, prebiotic, organic and enriched.

Yogurt is made by fermenting fresh milk and/or cream using lactic bacteria starters or "cultures." Bacteria are added to heated, pasteurized and homogenized milk, and the milk is incubated at a specific temperature to maximize the activity of the bacteria. The warm cultured milk mixture is poured into containers and incubated without any further stirring.

The bacteria converts the lactose to **lactic acid**, which thickens the milk and gives it the tangy taste that is characteristic of yogurt.

The yogurt is then cooled and flavoured with fruit, sugar, other sweeteners or flavourings. Stabilizers, such as gelatin, may also be added.



Nutrition Facts	
Per 100 g plain	
Amount	% Daily Value
Calories 87	
Fat 5g	8%
Saturated 3g	17%
+ Trans 0g	
Cholesterol 13mg	4%
Sodium 47mg	2%
Carbohydrates 3g	1%
Fibre 0g	0%
Sugars 3g	
Protein 7g	
Vitamin A 3%	Vitamin C 0%
Calcium 7%	Iron 0%

Storage & handling

- Refrigerate at 4°C as soon as possible after purchase.
- Buy the freshest yogurt possible and always use by the "best before date."
- Refrigerate it immediately after you buy it, storing it on the colder shelves rather than in the door.
- The "best before date" indicates the maximum date for the unopened product. Once opened, use the yogurt within a week.
- Protect yogurt from other foods with strong odours by sealing it tightly.
- Spoon as much yogurt as you're going to eat into your bowl with a clean spoon. To avoid cross-contamination, which will speed up spoilage, don't return unused portions to the original container.
- Do not freeze yogurt. Freezing affects the texture and flavour.

Tip!

- ☑ Yogurt is a healthy snack on its own, and one of the rare foods that can be consumed without any preparation. Yogurt is used in recipes for everything from appetizers and main courses to soups, sauces and desserts. It can be substituted for mayonnaise and salad dressing, and used as the main ingredient in a vegetable or fruit dip. Greek yogurt can also be substituted for sour cream.
- ☑ One *Canada's Food Guide* serving of milk and alternatives is 175 grams (¾ cup) of yogurt. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



Kefir is a cultured milk product that is popular in the Middle East and North Africa. It is nutritionally similar to yogurt as both are high in protein, calcium, magnesium, potassium and B vitamins. It gets its name from kefir grains, which are added to milk as a bacterial culture.

Kefir is thinner than yogurt and usually sold as a beverage. It can be used as a drink, poured over cereal or fruit and blended with fruit to make a smoothie. Kefir may be slightly effervescent and this slight fizziness gives it a different mouth feel and texture. Kefir's flavour is naturally sweet and slightly bubbly, and mild but a bit tangy.

Kefir contains more than three times the amount of **probiotics**, "friendly" bacteria that can promote digestive health, than yogurt.



Nutrition Facts	
Per 100 ml	
Amount	% Daily Value
Calories 59	
Fat 3.4g	5%
Saturated 2.2g	12%
+ Trans 0.2g	
Cholesterol 14mg	5%
Sodium 40mg	2%
Carbohydrates 4g	1%
Fibre 0g	0%
Sugars 3.7g	
Protein 3.3g	
Vitamin A 3%	Vitamin C 0%
Calcium 10%	Iron 1%

Storage & handling

- When shopping, pick up the kefir last so it doesn't warm up while you fill your basket.
- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest kefir possible and always use by the "best before date." Remember to open new kefir containers in the same order in which you bought them. First in the fridge, first out.
- Keep kefir containers closed and store away from strong-smelling food items in the fridge – the kefir can pick up those odours.
- Store kefir on refrigerator shelves where it is cooler, rather than in refrigerator doors.
- Whenever possible, leave kefir in its original container to safeguard its flavour and nutrients.
- To avoid spoilage, do not return unused kefir from a serving pitcher to the original container.

Tip!

- ☑ Kefir can be substituted for yogurt in many recipes.
- ☑ One *Canada's Food Guide* serving of milk and alternatives is 175 grams (¾ cup) of kefir. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



Milk with added ingredients helps people meet specific needs.

Fortified milk beverage is regular milk to which extra calcium or vitamins are added. Calcium fortified milk beverages can help people meet their calcium requirements if they cannot get it from other sources. All milk sold in Alberta is vitamin D fortified. Vitamin A can sometimes be added as well.

Omega-3 milk beverage is regular milk with additional ingredients, such as flax oil, that add omega-3 polyunsaturated fatty acids.

Prebiotic fibre milk beverage is regular milk with prebiotic fibre added. Prebiotic fibre promotes and enhances the activity of beneficial bacteria that help digest foods and keep bodies healthy. It does this by controlling harmful bacteria and other micro-organisms.

Probiotic milk beverage is regular milk with added probiotic culture, "friendly" bacteria that can be good for your health.



Nutrition Facts	
Per 100 ml calcium fortified milk	
Amount	% Daily Value
Calories 37	
Fat 0.2g	0%
Saturated 0.1g	1%
+ Trans 0g	
Cholesterol 2mg	1%
Sodium 54mg	2%
Carbohydrates 5g	2%
Fibre 0g	0%
Sugars 5g	
Protein 3.5g	
Vitamin A 10%	Vitamin C 2%
Calcium 21%	Iron 0%

Storage & handling

- When shopping, pick up the milk last so it doesn't warm up while you fill your basket.
- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest milk possible and always use by the "best before date." Remember to open new milk containers in the same order in which you bought them. First in the fridge, first out.
- Keep milk containers closed and store away from strong-smelling food items in the fridge – the milk can pick up those odours.
- Store milk on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Whenever possible, leave milk in its original container to safeguard its flavour and nutrients.
- To avoid spoilage, do not return unused milk from a serving pitcher to the original container.
- Milk can be frozen for up to 3 weeks. However, upon thawing it can separate and lose its smooth texture. Partly skimmed and skim milk freeze better than whole milk. If it separates upon thawing, beat it with an electric mixer or an immersion blender with the whip attachment.
- If freezing foods such as soups or stews, add the milk after you reheat the thawed food.

Tip!

- Replace water with fortified milk products to add extra nutrients, richness, tenderness and moisture in bread dough and other baked goods.
- One *Canada's Food Guide* serving of milk and alternatives is 250 ml (1 cup) of fluid milk. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



Skim milk is fluid milk that is almost completely fat-free, with only about 0.1% fat. All milk produced in Alberta is pasteurized and fortified with vitamin D. Vitamin A is added back to 1%, 2% and skim milk because this vitamin is lost when the fat is removed. Skim milk is available in cartons, bottles and jugs.

Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness. Milk is heated to a high temperature and then rapidly cooled. Pasteurization does not involve the use of any additives.

Pasteurization makes milk safe to drink and increases the length of time it can be kept before it spoils. The nutrient losses due to pasteurization are so small they are considered insignificant.

Canadian milk is free of antibiotics and synthetic growth hormones.



Nutrition Facts	
Per 100 ml	
Amount	% Daily Value
Calories 35	
Fat 0.1g	0%
Saturated 0.1g	0%
+ Trans 0g	
Cholesterol 2mg	1%
Sodium 43mg	2%
Carbohydrates 5.1g	2%
Fibre 0g	0%
Sugars 5.3g	
Protein 3.5g	
Vitamin A 7%	Vitamin C 0%
Calcium 11%	Iron 0%

Storage & handling

- When shopping, pick up the milk last so it doesn't warm up while you fill your basket.
- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest milk possible and always use by the "best before date." Remember to open new milk containers in the same order in which you bought them. First in the fridge, first out.
- Keep milk containers closed and store away from strong-smelling food items in the fridge – the milk can pick up those odours.
- Store milk on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Whenever possible, leave milk in its original container to safeguard its flavour and nutrients.
- To avoid spoilage, do not return unused milk from a serving pitcher to the original container.
- Milk can be frozen for up to 3 weeks. However, upon thawing it can separate and lose its smooth texture. Partly skimmed and skim milk freeze better than whole milk. If it separates upon thawing, beat it with an electric mixer or an immersion blender with the whip attachment.
- If freezing foods such as soups or stews, add the milk after you reheat the thawed food.

Tip!

- Skim milk can be used in recipes calling for milk, though it may not provide enough creaminess in recipes using more than 500 ml (2 cups), or in those that call specifically for 1%, 2% or homogenized milk.
- One *Canada's Food Guide* serving of milk and alternatives is 250 ml (1 cup) of fluid milk. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



Partly evaporated milk is heated and dried instantly to make skim milk powder. Powdered milk has about 3 percent water content. There are instant and regular formulas.

Instant skim milk powder is made to easily dissolve when it is reconstituted. The skim milk powder is blown into a chamber containing air saturated with steam, where the minute particles combine into larger particles that contain many tiny air spaces. This makes it much easier to mix with water.

Skim milk powder requires more stirring and chilling before it can be used or served as milk.

Powdered milk is made from whole or skim milk and is available in bags and in bulk.



Nutrition Facts	
Per 100 g regular dry skim milk	
Amount	% Daily Value
Calories 184	
Fat 0.4g	1%
Saturated 0.3g	1%
+ Trans 0g	
Cholesterol 10mg	3%
Sodium 271mg	11%
Carbohydrates 26.4g	9%
Fibre 0g	0%
Sugars 26.4g	
Protein 18.3g	
Vitamin A 34%	Vitamin C 6%
Calcium 58%	Iron 1%

Storage & handling

- If stored in a cool, dry place, powdered milk will keep for up to one year.
- Once the package is opened, it should be used within 2 months.
- After being reconstituted, it should be stored and treated the same as regular fluid milk.
- Once reconstituted, it will stay fresh as long as regular milk and should be refrigerated.
- Refrigerate at 4° C as soon as it is reconstituted.
- Always use by the "best before date." Remember to use reconstituted milk in the same order in which you prepared it. First in the fridge, first out.
- Store reconstituted milk on refrigerator shelves, where it is cooler, rather than in refrigerator doors.

Tip!

- ☑ Add extra calcium and protein to muffins, quick breads, pancakes and cookies by adding powdered milk with the dry ingredients. Powdered milk mixed into meatloaf, meatballs or casseroles helps them hold shape their shape better and adds calcium.
- ☑ One *Canada's Food Guide* serving of milk and alternatives is 25 grams ($\frac{1}{3}$ cup) of powdered milk. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



Sour cream is cultured light cream. It is soured and thickened by adding lactic acid bacteria to pasteurized cream. Sour cream contains from 10 to 18 percent milk fat by weight or can be light or fat-free. Sour cream is made with the same process as buttermilk.

The lactic acid congeals the protein, thickening the cream and adding the sour flavour. Non-fat milk solids and stabilizers may also be added. The milk fat content of sour cream products depends on the milk fat content of the milk or cream from which they are made.

Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness. In **High Temperature, Short Time (HTST)** pasteurization, milk is heated to at least 72° C for 16 seconds, then cooled to 4° C. In **Ultra High**

Temperature (UHT)

pasteurization, milk is heated to 138° C for not less than two seconds, then quickly cooled to 2° C.

A new process called **micro-filtration** is a patented process that uses a membrane strainer to filter most of the bacteria out of the milk.



Nutrition Facts

Per 100 ml 14% M.F.

Amount	% Daily Value
Calories 176	
Fat 13.7g	21%
Saturated 8.5g	42%
+ Trans 0g	
Cholesterol 34mg	11%
Sodium 68mg	3%
Carbohydrates 6.8g	2%
Fibre 0g	0%
Sugars 0.3g	
Protein 6.8g	
Vitamin A 12%	Vitamin C 1%
Calcium 12%	Iron 0%

Storage & handling

- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest sour cream possible and always use by the "best before date."
- Refrigerate it immediately after you buy it, storing it on the colder shelves rather than in the door.
- The "best before date" indicates the maximum date for the unopened product. Once opened, use the sour cream within a week.
- Protect sour cream from other foods with strong odours by sealing it tightly.
- Spoon as much sour cream as you're going to eat into your bowl with a clean spoon. To avoid cross-contamination, which will speed up spoiling, don't return unused portions to the original container.
- Do not freeze sour cream. Freezing will affect the texture and flavour.

Tip!

- Sour cream is used in baking, cooking and as a condiment. Sour cream's richness and acidic nature creates a moist and tender texture in baked goods. Sour cream can be a base for dips and dressings, used as topping and added to soups and sauces.



Lactose reduced milk is cow's milk that uses a lactase enzyme to break down the lactose. This makes it possible for people with lactose intolerance to more easily digest milk and foods that are cooked with milk.

Milk with DHA is milk that comes from cows that are fed a conventional diet that has been enriched with docosahexaenoic acid or DHA, a type of omega-3 fat that comes from natural sources. This enriched diet allows cows to produce milk that is naturally higher in DHA, which supports the normal development of the brain, eyes and nerves.

Organic milk is milk from cows that are fed crops that are organically grown. Regular and organic milk are equally safe and nutritious.



Nutrition Facts	
Per 100 ml of 2% lactose reduced milk	
Amount	% Daily Value
Calories 130	
Fat 5g	8%
Saturated 3g	15%
+ Trans 0g	
Cholesterol 20 mg	7%
Sodium 125mg	5%
Carbohydrates 13g	4%
Fibre 0g	0%
Sugars 12g	
Protein 8g	
Vitamin A 10%	Vitamin C 0%
Calcium 30%	Iron 0%

Storage & handling

- When shopping, pick up the milk last so it doesn't warm up while you fill your basket.
- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest milk possible and always use by the "best before date." Remember to open new milk containers in the same order in which you bought them. First in the fridge, first out.
- Keep milk containers closed and store away from strong-smelling food items in the fridge – the milk can pick up those odours.
- Store milk on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Whenever possible, leave milk in its original container to safeguard its flavour and nutrients.
- To avoid spoilage, do not return unused milk from a serving pitcher to the original container.
- Milk can be frozen for up to 3 weeks. However, upon thawing it can separate and lose its smooth texture. Partly skimmed and skim milk freeze better than whole milk. If it separates upon thawing, beat it with an electric mixer or an immersion blender with the whip attachment.
- If freezing foods such as soups or stews, add the milk after you reheat the thawed food.

Tip!

- ☑ Cooking with any type of milk, including specialty milks, is an easy and flavourful way to add calcium and other nutrients to foods.
- ☑ One *Canada's Food Guide* serving of milk and alternatives is 250 ml (1 cup) of fluid milk. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



Ultra High Temperature (UHT) milk is heated to 138° C for not less than two seconds, then quickly cooled to 2° C. This eliminates much more bacteria than regular pasteurization. Once it has cooled down, the milk is poured into a sterilized package, usually a Tetra Pak type box, without air contact.

Micro-filtered milk uses a new technology to purify milk. A patented process uses a membrane strainer to filter most of the bacteria out of the milk. This makes the milk seem creamier and extends its shelf life. The filtration process is similar to pasteurization, but without the use of heat.



Nutrition Facts	
Per 240 ml Tetra Pak 2% UHT milk	
Amount	% Daily Value
Calories 130	
Fat 5g	8%
Saturated 3g	15%
+ Trans 0g	
Cholesterol 20mg	7%
Sodium 130mg	5%
Carbohydrates 12g	4%
Fibre 0g	0%
Sugars 12g	
Protein 8g	
Vitamin A 10%	Vitamin C 2%
Calcium 30%	Iron 25%

Storage & handling

- UHT pasteurization and sterilized packaging allows milk to be kept at room temperature. As long as the package remains closed, the milk does not have to be refrigerated. It can be stored at room temperature until the "best before date".
- Micro-filtered milk must be refrigerated.
- Once opened, UHT milk will stay fresh as long as regular milk and should be refrigerated.
- Refrigerate at 4° C as soon as possible after opening.
- Always use by the "best before date." Remember to open new milk containers in the same order in which you bought them. First in the fridge, first out.
- Store milk on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- To avoid spoilage, do not return unused milk from a serving pitcher to the original container.

Tip!

- ☑ Ultra-pasteurization has very little effect on milk's nutritional quality.
- ☑ One *Canada's Food Guide* serving of milk and alternatives is 250 ml (1 cup) of fluid milk. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.

STIRRED OR SWISS-STYLE YOGURT



Stirred, or Swiss-style, yogurt often has a thinner consistency and can be eaten as-is, in cold beverages or incorporated into desserts.

There are a number of varieties, including low-fat, fat-free, light, probiotic, prebiotic, organic and enriched.

Yogurt is made by fermenting fresh milk and/or cream using lactic bacteria starters or "cultures." Bacteria are added to heated, pasteurized, homogenized milk, and the milk is incubated at a specific temperature to maximize the activity of the bacteria. The warm cultured milk mixture is incubated in a large vat, cooled and then stirred for a creamy texture, often with fruit or other flavourings added.

The bacteria converts the lactose to **lactic acid**, which thickens the milk and gives it the tangy taste that is characteristic of yogurt.

The yogurt is then cooled and flavoured with fruit, sugar, other sweeteners or flavourings. Stabilizers, such as gelatin, may also be added.



Nutrition Facts

Per 100 g

Amount	% Daily Value
Calories 106	
Fat 1.7g	3%
Saturated 1.1g	6%
+ Trans 0g	
Cholesterol 7mg	2%
Sodium 58mg	2%
Carbohydrates 17.9g	6%
Fibre 0g	0%
Sugars (dependent on fruit added)	
Protein 4.6g	
Vitamin A 3%	Vitamin C 1%
Calcium 13%	Iron 1%

Storage & handling

- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest yogurt possible and always use by the "best before date."
- Refrigerate it immediately after you buy it, storing it on the colder shelves rather than in the door.
- The "best before date" indicates the maximum date for the unopened product. Once opened, use the yogurt within a week.
- Protect yogurt from other foods with strong odours by sealing it tightly.
- Spoon as much yogurt as you're going to eat into your bowl with a clean spoon. To avoid cross-contamination, which will speed up spoiling, don't return unused portions to the original container
- Do not freeze yogurt. Freezing affects the texture and flavour.

Tip!

- Yogurt is a healthy snack on its own, and one of the rare foods that can be consumed without any preparation. Yogurt is used in recipes for everything from appetizers and main courses to soups, sauces and desserts. It can be substituted for mayonnaise and salad dressing, and used as the main ingredient in a vegetable or fruit dip.
- One *Canada's Food Guide* serving of milk and alternatives is 175 grams (¾ cup) of yogurt. Teens aged 14 to 18 need 3 to 4 servings of milk and alternatives each day.



Sweetened condensed milk is made by condensing milk to one-third of its original volume and then adding sugar. It contains about 40 percent sugar, a minimum of 8.5 percent milk fat and 28 percent total milk solids. Sweetened condensed milk is very thick and sweet and is available in cans.

High temperatures of evaporation pasteurize the milk and result in a cream colour. The high sugar content in sweetened condensed milk acts as a preservative, making sterilization unnecessary.



Nutrition Facts	
Per 100 ml	
Amount	% Daily Value
Calories 415	
Fat 11.3g	17%
Saturated 7.1g	35%
+ Trans 0g	
Cholesterol 44mg	15%
Sodium 164mg	7%
Carbohydrates 70.4g	23%
Fibre 0g	0%
Sugars 70.4g	
Protein 10.2g	
Vitamin A 10%	Vitamin C 6%
Calcium 33%	Iron 2%

Storage & handling

- Canned condensed milk can be stored unrefrigerated until opened.
- After condensed milk has been opened, it should be stored and handled like fresh milk.
- After opening canned milk, immediately transfer any unused portions to a clean, opaque and airtight container.
- Use the canned milk within 3 days of opening.
- Always use by the “best before date.” Try to use older cans first. Throw out cans that are leaking, rusted, dented, cracked or have bulging lids.
- Refrigerate at 4° C as soon as possible after opening.
- Store opened canned milk on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Leftover condensed milk can be frozen in an airtight container for up to 6 weeks with no adverse effects.

Tip!

- ☑ Sweetened condensed milk will caramelize when cooked slowly and can be used as a shortcut to a creamy caramel sauce. The can should be emptied into an open container and heated on the stovetop, in the oven or in the microwave.