Milk Science

Milk provides a wide variety of nutritious and delicious choices, ranging from rich cow's milk to earthy almond and protein-packed soy!

Benefits of Dairy Milk

Milk and dairy products have a balanced nutrient profile including fats, carbohydrates, and protein. Milk is rich in essential vitamins and minerals such as **calcium**, **vitamin D**, and **potassium**, which contribute to strong bones and overall health. Additionally, dairy products like yogurt and cheese contain **probiotics**, which are beneficial for gut health and digestion. Whether enjoyed as a refreshing glass of milk, a creamy slice of cheese, or a tangy bowl of yogurt, dairy products offer a versatile and nourishing option for people of all ages.

Did you know?

Pasteurization began with the work of Louis Pasteur. In 1864, he developed this process to prevent wine and beer from souring, but it was adapted for dairy milk. Pasteurization involves heating milk to a specific temperature for a set period to **kill harmful bacteria** without affecting taste or nutritional value. This innovation drastically improved **food safety** and **public health**, paving the way for modern food preservation techniques. Today, pasteurization remains a vital step in ensuring the **safe consumption** of dairy products worldwide!

Milk Alternatives

Alternative milks often provide benefits such as being lactose-free and suitable for those with milk allergies. **Soy milk** is the closest to dairy milk in **protein** content. Many alternative milks are fortified with essential **vitamins** and **minerals** to mimic the nutritional profile of dairy milk, making them viable options for those with dietary restrictions or preferences. For milk substitutes to be creditable, they must be nutritionally equivalent to cow's milk and provide specific nutrients determined by USDA.

Milk Alternative Examples
Soy Milk
Lactose - Free Milk
Almond Milk
Oat Milk
Coconut Milk
Rice Milk
Pea Milk

upLIFT
LEARN. INSPIRE. FEED. TEACH.

ARIZONA DEPARTMENT OF EDUCATION

This institution is an equal opportunity provider.