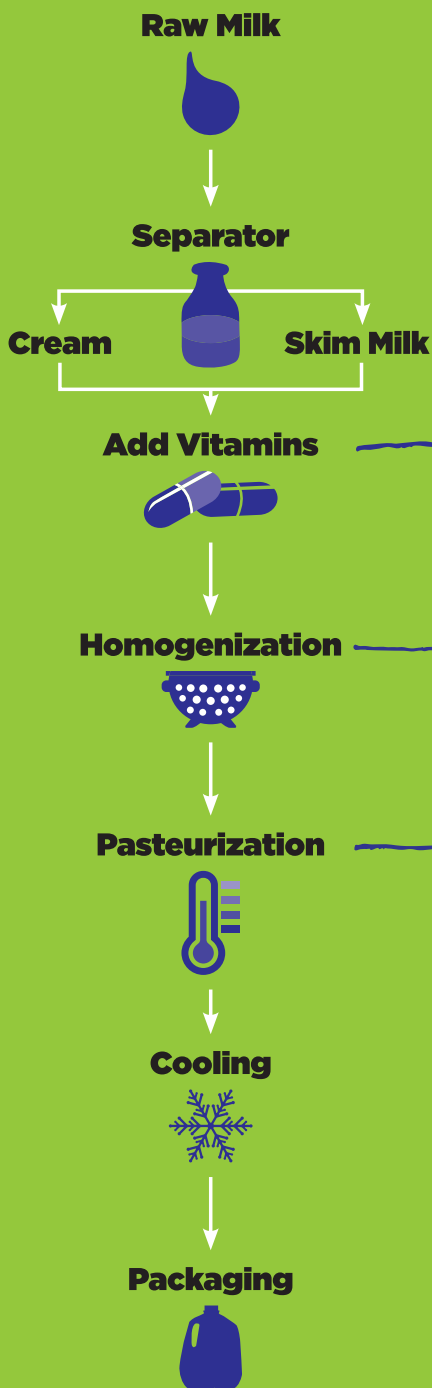


How Milk Is Made

From safety processing to ease of use.



Vitamins A and D are added to milk to enhance its nutritional profile. Since milk is a common food in most Americans' diets, supplementation of vitamin D has helped to reduce the prevalence of rickets and other bone weakening conditions since supplementation began. Whole milk naturally contains vitamin A and some vitamin D but must be supplemented in low-fat products.

Homogenization is a mechanical process; milk is pumped through fine holes under high pressure to decrease milk fat globule size. Because fat is less dense than water, fat separates and rises to the top of milk that is not homogenized. Breaking milk fat into smaller globules helps create a smooth, uniform and appealing texture. This process has no effect on the nutritional quality of milk.

Pasteurization is the process of heating raw milk at a high enough temperature for a sufficient length of time to make milk bacteriologically safe - destroying dangerous microorganisms which can grow in milk. Pasteurization has little to no effect on milk's nutritive value.

**Diagram adapted from Patton, Stuart. Milk. New Brunswick: Transaction Publishers, 2004. Print.

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