

Milk: from farm to table

Cows create a superfood when they turn plants into nutrient-rich milk

Cows turn plants into milk

Cows have special stomachs with four compartments that allow them to digest plants that humans can't, which they then naturally transform into milk.

Approximately 80% of a cow's diet is not consumable by humans and would otherwise end up in a landfill - things like almond shells and cottonseed hulls.

A gallon of milk today is produced with

65% less water

90% less land

63% less carbon

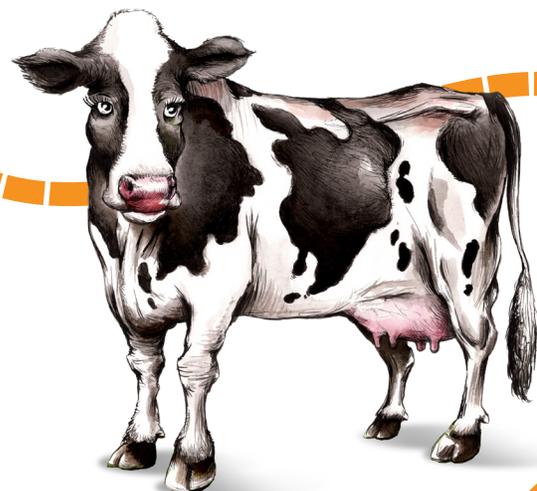
than a gallon of milk in 1944.

Caring for cows and the environment

You need healthy cows for quality milk, so dairy farmers work 365 days a year making sure their cows are comfortable, with the right food, water, bedding and veterinary care. They also care for the environment by recycling manure and water.

Milking

Cows need to be milked two or three times a day. Milking machines are gentle, and it's a relief for cows to empty their udders. They often line up on their own to have their udders cleaned and milked.



Cooling & transportation

Milk gets cooled and stored in large tanks, tested for safety and then driven in an insulated tanker truck to the processing plant.

Milk never touches human hands. It's also tested for safety multiple times by multiple parties.

Homogenization mixes the fat more evenly into the milk by pumping the milk through tiny holes. This doesn't affect nutritional quality.



Processing & packaging

The processing plant pasteurizes the milk, heating it to eliminate any harmful bacteria, then quickly recooling it.

The milk can then make all sorts of dairy products:

- Coagulated to make **cheese**
- Fermented to make **yogurt**
- Fat skimmed off and packaged as **cream** or churned into **butter**
- Remaining milk packaged as **skim milk**, or remixed and homogenized to make **low-fat** and **whole milk**
- Mixed with lactase to break down the lactose, creating **lactose-free milk**

The store & your fridge

The entire process from the farm to your local grocery store only takes about two days, so milk is fresh when it gets to you.

Milk costs less than 25 cents per 8-ounce glass with nine essential nutrients. A nutritional bargain.

Learn more #DairyAmazing facts, find nutrition benefits and meet a dairy farm family at DairyDiscoveryZone.com

