

Other kinds of milk

VITAMIN D MILK is milk with the vitamin D content increased, usually by adding a concentrated form of this vitamin. The requirements are set by health departments. Generally a quart of this milk supplies the amount of vitamin D recommended daily while you are growing.

NONFAT OR DEFATTED MILK (often called skim milk) is milk with its fat and vitamin A removed. Other nutrients remain in the defatted milk. In some

market areas additional nonfat milk solids are added and sometimes vitamins A and D.

CHOCOLATE DAIRY DRINK is a mixture of whole and defatted milk plus chocolate sirup or powder. Chocolate Milk is made with whole milk. The milk is unchanged; the sweetened chocolate adds flavor and energy value.

CULTURED BUTTERMILK may be made either from defatted or whole milk by adding a lactic

acid-producing culture. Other cultured milks are Bulgarian buttermilk and yogurt.

EVAPORATED MILK is homogenized whole milk from which about 60 percent of the water has been removed by heating under vacuum. The milk is sealed in cans and sterilized. Most of it has vitamin D added. Mixed with an equal amount of water, evaporated milk has about the same food value as fresh, whole milk. Condensed Milk is

evaporated milk with about 40 percent sugar added.

DRY MILK is milk with almost all the water removed. It is Whole Milk Powder when only water is removed; Nonfat Dry Milk when both water and fat are removed.

CHEESE, A CONCENTRATED FORM OF MILK

To make American cheese, a typical hard-type cheese, heated milk is first coagulated to form a soft curd. Did you know that much the same thing happens to milk in your stomach? The curd for cheese is formed by the

action of useful bacteria in a starter and of enzymes in the rennet which are added to the heated milk. This curd is allowed to set and the whey drained off. The cheese is cured under conditions that allow certain favored bacteria to develop distinctive flavors in the cheese. The result is protein-rich food; rich, too, in milk's minerals and some vitamins. Many other types of cheese are made in the United States; some from milk and cream, some from defatted milk. American cheese is made in the largest quantity. In

protein and calcium, 1 1/4 ounces American cheese equal 1 glass of milk.

COTTAGE CHEESE . . . THE CURD OF MILK

To make the tender curds of perishable cottage cheese, a culture of natural lactic acid-producing bacteria is added to defatted milk. After heating slowly until a curd forms, the whey or liquid is drained off. The solid part remaining is mainly the milk protein, casein. A little cream is added to make creamed cottage cheese.

In Protein . . . 1/2 cup cottage cheese equals 1 glass milk; or 1 serving lean meat, fish or poultry (2 oz.); or 2 oz. American cheese or 2 large eggs.

ICE CREAM . . . A FROZEN DAIRY FOOD

Today's ice cream is made with only pasteurized dairy products. The liquid mix for ice cream is made usually with about 80-85 percent concentrated nonfat milk and cream; 15 percent sweetening; plus varying amounts of flavoring, often fruit or nuts. The inclusion of the solids of nonfat milk increases ice cream's food values, flavor and smoothness. The pleasing texture of ice cream depends also upon whipping in just the right amount of air while the mix is under controlled freezing temperatures. Ice cream without air would be a solid icy mass. Ice cream is a good source of milk's minerals, calcium and phosphorus; of its vitamins, vitamin A and riboflavin; of milk's proteins. These important nutrients of milk and cream remain in ice cream; there is no loss in freezing.

A generous serving of ice cream (one-sixth quart) is about equal to 1/2 glass of whole milk in calcium, protein and B vitamins, and to more than 1 glass in vitamin A and calories.

- From National Dairy Council

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Nutrition really means the teamwork of various nutrients. For instance, vitamin D in milk helps build calcium and phosphorus into bones. Iron combines with protein to make hemoglobin, a component of red blood cells. For total nutrition, no one food can do the job. That's why Dairy Council recommends the four food groups for best eating.

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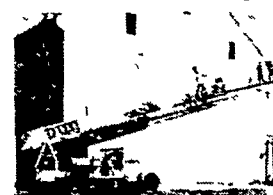
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