

Buying Milk

Here's a good explanation of the milk varieties.

Are you confused by the different kinds of milk available? Don't be. Each has a purpose. Read the labels and decide which kind of milk suits your needs best.

Whole milk...

Whole milk has at least 8.25 percent nonfat milk solids, the source of milk protein, minerals, and all the milk vitamins except vitamin A. It has at least 3.5 percent fat—the source of vitamin A. Milk sold in Georgia has vitamin D added. One cup of whole milk has 150 calories.

Low fat milk...

Low fat milk has 1 to 2 percent fat. Read the label to see what the percentage of fat is: 1, 1/2 or 2 percent. All low fat milk sold in Georgia is fortified with vitamins A and D. Lowfat milk contains at least 8.25 percent nonfat milk solids. If it is labeled protein fortified or high protein, then it has 10 percent nonfat milk solids. The number of calories in one cup will depend on the percentage of milk fat and nonfat milk solids in the milk.

Skim milk...

Skim milk has had most of the fat removed. It contains less than 1/2 of one percent milk fat. It's fortified with vitamins A and D. It must contain not less than 8.5 percent nonfat milk solids. If additional solids, not fat, are added to reach the 10 percent level, it must be labeled "protein fortified." One cup has about 90 calories.

Cultured buttermilk...

Cultured buttermilk is made by adding a special bacterial culture to skim or lowfat milk to produce the

Milk is a good buy economically and nutritionally. Buy milk in the largest size practical for your situation. A larger container usually means a lower price per quart. If price is a real concern, use instant nonfat dry milk. It's the most economical.

desirable acidity, body, flavor and aroma. Salt is usually added. Buttermilk has the same food value as the milk from which it is made. One cup averages about 90 calories. The yellow flecks in some buttermilk are bits of real butter added for flavor. This buttermilk will be labeled "contains butter particles." It is higher in calories.

Sweet acidophilus...

Sweet acidophilus milk contains the bacteria lactobacillus acidophilus. Lowfat is used most often. This milk tastes the same and has the same nutritional value as the milk from which it is made. This isn't a substitute for those who are allergic to cow's milk. But, people who haven't been able to drink milk because of their inability to digest milk sugar can now drink sweet acidophilus milk without suffering from gas, cramps, or diarrhea.

Chocolate milk, chocolate lowfat milk, and Chocolate drink is made by adding chocolate or cocoa and sweetener to these milk varieties.

Several imitation milks on the market are usually advertised as containing no cholesterol or animal fat. This is true, but coconut oil is the source of fat in most of these products. Ninety percent of the fatty acids in coconut oil are saturated, but regular milk fat has only 60 percent saturated fatty acids. If you must restrict milk fat because of a cholesterol problem, replace whole milk with skim milk.

For more information on milk buying; contact your local county Extension office.