



Milk is full of nutrients

Here is how you can get the best from

the milk you buy.

What is pasteurised milk?

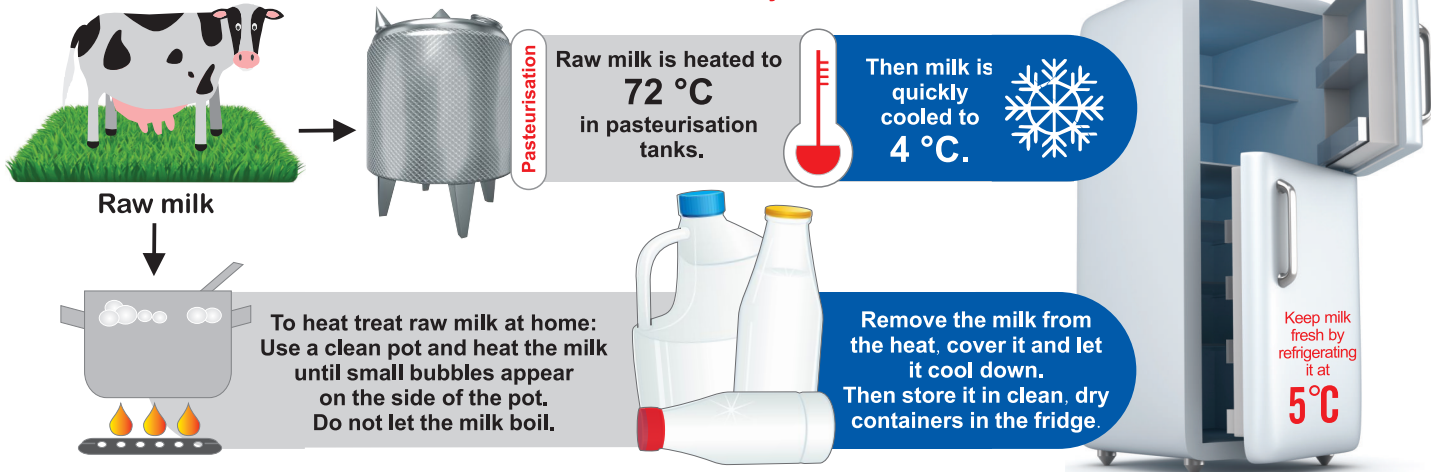
Appropriate heat treatment kills harmful bacteria that may be present in food and ensures that food is safe to consume. Pasteurisation is one such treatment to kill germs that may occur in raw milk.

Pasteurisation keeps the milk safe to drink.

Raw milk, however, is milk just as it comes from the cow. It has not been heat treated.

Raw milk may contain germs and is not safe to drink.

Raw milk should always be heat treated before use.



What is UHT milk?

UHT milk is often called long-life milk.

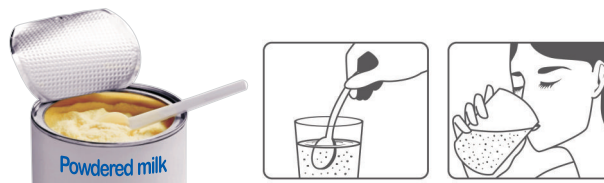
UHT is short for ultra-high temperature treatment.

This process is used to give milk with a long shelf life. The milk is heated briefly to a very high temperature (135–150 °C) and then quickly cooled to 4 °C or lower. When it is still closed, you can store a container of UHT milk in the cupboard. But once opened, it must be kept in the fridge and used within 4–7 days.



How to use milk powder

Simply mix it with the amount of clean water as stated in the instructions on the packet. Remember to always use a clean container and utensils. Do not add more water than what the instructions say, as this will dilute the nutrients and reduce the good value of the milk. Prepare only as much as you need at a time.



Storing milk at home

A product's shelf life tells us how long it can be stored without spoiling. The shelf life of milk depends on the type of milk and is shown on the packaging.

Always keep fresh milk in the fridge (below 5 °C).

- You can keep fresh milk in the fridge for 4–7 days, as long as you kept it cold from when you bought it.
- Remember that you must keep UHT milk (long-life milk) in the fridge once the package has been opened.

The 'best before' date (shelf life) on the packaging shows until when the milk will be good to drink.

It does not matter what type of milk you buy.



Coffee creamer is not milk powder

Coffee creamers are made from vegetable fats.

It can never replace fresh milk, UHT milk or milk powder in a healthy diet.

It is not real milk and will not give you the good nutrients of dairy. Coffee creamers have no calcium, protein or any of the other important nutrients found in milk.



All types of **cow's milk** have the same nutrients and will help to keep you **strong and healthy.**



Developed by the Consumer Education Project of Milk SA
www.rediscoverdairy.co.za