



University of California  
Cooperative Extension  
Tulare County

Agriculture and Natural Resources



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## WHAT'S NEW IN THE MILK AISLE OF THE SUPERMARKET?

With the many varieties of milk available today, you may find yourself puzzled over which to choose. But you can benefit from new options. First, different dairy milk varieties have been given new names to make it easier to understand the amount of fat they contain. For example:

- Skim milk is now labeled "fat-free"
- One percent (1%) milk is called "low-fat"
- Two percent (2%) milk is named "reduced-fat"

Health experts recommend that most people use fat-free or low-fat milk instead of higher fat products. In addition to the varieties of milk you're used to seeing in the dairy case, the following products are easily found today.

### Acidophilus Milk

This dairy milk has the bacterium lactobacillus added. The addition of this "healthy" bacterium, which is also found in yogurt, may benefit the body in several ways. Potential advantages include: restoring beneficial bacteria to the intestine when taking antibiotics, preventing yeast infections, and limiting symptoms of lactose "milk sugar" intolerance.

### Lactose-reduced Milk

This dairy milk has a significant amount of its lactose "predigested." Individuals who have lactose

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intolerance can use these milks. The broken down sugar molecules in this milk give them a slightly sweeter flavor than regular dairy milk.

### **Buttermilk**

This milk is not made from butter, but from fat-free or low-fat milk. It has a tart taste because of the lactic acid culture it contains. Some people may enjoy buttermilk as a beverage, but it is more frequently used in recipes for quick breads, muffins, and pancakes. People with lactose intolerance may tolerate buttermilk better than regular dairy milk.

### **Calcium-enriched Milk**

This dairy milk contains added calcium. Look for a fat-free or low-fat variety.

### **Soy milk**

This non-dairy "milk" is the liquid pressed out of soybeans. Vegetarians often use it. Soybeans are being studied for their potential health benefits, including heart disease and cancer protection. Soy milk can be used as a substitute in the diet for dairy milk, but be sure to choose a brand fortified with calcium and vitamins A, D, and B12.

And outside of the dairy case, look for:

### **Non-fat or Low-fat Dry Milk Powder**

It comes in handy for recipes and power outages and is easy on the budget. Just reconstitute with water.

### **Evaporated Milk**

This type of milk is prepared by heating homogenized whole milk under a vacuum to remove half its water, sealing it in a can, and thermally processing it. When evaporated milk is mixed with an equal amount of water, its nutritive value is about the same as milk.

Source: *Nutrition Perspective*, Volume 25, No. 6, Nov/Dec 2000.

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