



A Nutrition Resource

MILK

Milk is a nutrient-dense food; rich in protein, carbohydrates, vitamins, and minerals. Keeping milk safe to drink will ensure you enjoy all the benefits it has to offer.

Storage of milk

The “sell by” date on milk is a guide to buying fresh milk. Proper care ensures freshness for 5 to 7 days after the “sell by” date.

Use the following guidelines to preserve the quality of milk:

STORAGE: Keep milk in original carton. Milk cartons are designed to reduce light exposure. This prevents off-flavors and loss of nutrients.

REFRIGERATION: Store milk at 40°F or less. Keep container closed to prevent absorbing other flavors. Return milk to the refrigerator as soon as possible to prevent bacteria from growing. Never return a cup of unused milk to the original container. Do not drink directly from the container.

FREEZING: Milk can be frozen, although small flecks of protein may form. Flecks may dissolve if the milk is thawed slowly in the refrigerator.

Ways to use milk

Smoothies	Hot Chocolate
Quiche	Scrambled Eggs
Rice Pudding	Omelets
Cheese Sauces	Milk Gravies
Cream Soups	Scalloped Potatoes
Cold Cereal	Hot Cereal

Beat or shake the milk to disperse the protein flecks.

Types of milk

WHOLE MILK- (homogenized) contains 3.25% milk fat.

REDUCED FAT MILK- contains 2% milk fat.

LOW-FAT MILK- contains 1% milk fat.

FAT-FREE MILK- (skim milk) contains less than 0.5% milk fat.

UHT MILK- shelf stable milk that requires no refrigeration until the container has been opened. Once opened, use just as you would regular milk.

DRY (POWDERED) MILK- milk that has had the moisture removed, resulting in milk powder. Add water according to directions. Once mixed, use just as you would regular milk.

FLAVORED MILK- contains flavors and optional sweeteners which are added to any of the white milks.

BUTTERMILK- milk with a special bacterial culture added to produce acidity, body, flavor, and aroma.

EVAPORATED MILK- milk with half of the water removed by a special vacuum process.

SWEETENED CONDENSED MILK- milk from which water has been removed and to which sugar has been added, resulting in a very thick, sweet product used mainly in baking.

SPECIALTY AND NON-DAIRY MILKS- include lactose-free milk, goat’s milk, almond, soy, or

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Smoothies

Smoothies make a great breakfast or afterschool snack.

Try combinations of the following ingredients mixed in a blender:

- Low-fat milk
- Fresh frozen, or canned fruit (like bananas, berries, apples, oranges, grapes, peaches, etc.)
- Frozen bananas (peel before freezing)
- Vanilla
- Cinnamon
- Low-fat plain yogurt
- A small amount of maple syrup or honey
- Leafy greens like spinach or kale
- A small amount of peanut butter or other nut butter



Skillet Corn Chowder

Yield: 4 Servings | Serving Size: 1 Cup

- ½ small onion, diced
- 1 Tablespoon vegetable oil
- 1 can (15-ounces) cream-style corn
- 2 cups 1% milk
- ½ cup reduced-fat cheddar cheese, shredded

- 1) Heat vegetable oil in a large skillet over medium heat.
- 2) Sauté onion until transparent. Add corn and milk. Stir until mixed together.
- 3) Heat until bubbles start to form.
- 4) Stir in cheese until melted. Serve once cheese has melted.

Note: This chowder can be made ahead of time because it thickens well when chilled overnight.

Nutrition Facts	
4 servings per container	
Serving size	1 cup (260g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 490mg	21%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 211mg	15%
Iron 0mg	0%
Potassium 220mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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