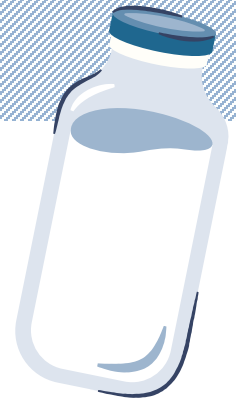


Dairy



Nutrition

Dairy foods contain a variety of nutrients, including protein, calcium, phosphorus, potassium, vitamin A, vitamin D, and B vitamins.

How Dairy Products are Made

Cows are milked with machines connected to a large cooling tank. Transportation trucks pick up the milk from the tanks to be taken to a processor. Milk is tested both prior to leaving the farm and at the processing facility to ensure safety. Three steps are utilized in milk processing:

Standardization

Separates the cream from the milk. This process allows milk to be packaged in different fat percentages. For example, whole, 2%, and low-fat are all available due to this separation.

Pasteurization

This is the process of heating milk to kill any potential bacteria. The milk must be heated to at least 145° Fahrenheit but can be heated up to 280° Fahrenheit.

Homogenization

Milk is then mixed together rapidly to be broken down into very small particles. This allows the cream not to separate from the milk, maintaining one consistency.

Did you know?

- Kansas dairies produced 4.1 billion pounds of milk in 2021.
- Kansas dairy cows produce about 7.55 gallons of milk per day.
- There are about 228 licensed dairy herds in Kansas.
- About 97% of dairy farms in the U.S. are family owned and operated.

