

- **FLAVORED MILKS** FLAVORED MILKS ARE MADE BY ADDING FRUIT, FRUIT JUICE, OR OTHER NATURAL OR ARTIFICIAL FOOD FLAVORINGS SUCH AS STRAWBERRY, CHOCOLATE SYRUP, OR COCOA TO PASTEURIZED MILK.

TIPS ON CHOCOLATE-FLAVORED MILK: REGULAR, LOWFAT, OR SKIM CHOCOLATE-FLAVORED MILK CAN BE HEATED FOR QUICK AND EASY HOT CHOCOLATE. USE CHOCOLATE-FLAVORED MILK IN COOKIE OR CAKE RECIPES THAT CALL FOR BOTH MILK AND CHOCOLATE OR COCOA.

- **BUTTERMILK** ALL COMMERCIALY SOLD BUTTERMILK IS CULTURED. THIS MEANS THAT A SAFE LACTIC ACID-PRODUCING BACTERIAL CULTURE IS ADDED TO FRESHLY PASTEURIZED SKIM OR LOWFAT MILK TO PRODUCE THE BUTTERMILK. IT IS MUCH THICKER THAN SKIM MILK AND IS HIGHER IN SODIUM THAN OTHER MILK. BUTTERMILK IS A GOOD THIRST QUENCHER.

TIPS ON BUTTERMILK: ALWAYS KEEP CULTURED BUTTERMILK CHILLED. IF IT IS ALLOWED TO WARM, IT MAY SEPARATE. IF IT DOES SEPARATE, JUST STIR IT. DRIED BUTTERMILK, A BYPRODUCT OF BUTTERMILKING, IS USED IN PANCAKE MIXES AND BAKERY PRODUCTS.

- **DRY WHOLE MILK** DRY WHOLE MILK IS PASTEURIZED WHOLE MILK WITH THE WATER REMOVED. IT HAS LIMITED RETAIL DISTRIBUTION -- MAINLY FOR USE IN INFANT FEEDING AND FOR PEOPLE WITHOUT ACCESS TO FRESH MILK, SUCH AS CAMPERS. DRY WHOLE MILK IS USUALLY SOLD TO CHOCOLATE AND CANDY MANUFACTURERS.

TIPS ON DRY WHOLE MILK: AN OPENED PACKAGE SHOULD BE TIGHTLY SEALED AND STORED IN A COOL, DRY PLACE. DRY WHOLE MILK DEVELOPS OFF-FLAVORS IF NOT USED SOON AFTER OPENING.

- **NONFAT DRY MILK** NONFAT DRY MILK, MADE BY REMOVING NEARLY ALL THE FAT AND WATER FROM PASTEURIZED MILK, CONTAINS ABOUT HALF THE CALORIES OF WHOLE MILK. "INSTANT" NONFAT DRY MILK IS MADE OF LARGER PARTICLES THAT DISSOLVE MORE EASILY IN WATER. SOME INSTANT NONFAT DRY MILK CONTAINS ADDED VITAMINS A AND D. TO EARN THE "U.S. EXTRA GRADE" SHIELD, INSTANT NONFAT DRY MILK MUST HAVE A SWEET, PLEASING FLAVOR AND A NATURAL COLOR. IT MUST ALSO DISSOLVE IMMEDIATELY WHEN MIXED WITH WATER.

TIPS ON NONFAT DRY MILK: NONFAT DRY MILK NEEDS NO REFRIGERATION AND CAN BE STORED FOR SEVERAL MONTHS IN A COOL, DRY PLACE. AN OPENED PACKAGE SHOULD BE TIGHTLY RESEALED. AFTER NONFAT DRY MILK IS RECONSTITUTED, REFRIGERATE AND HANDLE AS FRESH MILK.

USE NONFAT DRY MILK BOTH AS A BEVERAGE AND IN COOKING. WHEN USED AS A BEVERAGE, RECONSTITUTE IT SEVERAL HOURS BEFORE SERVING TO ALLOW TIME TO CHILL.

- **EVAPORATED MILK** EVAPORATED MILK IS PREPARED BY HEATING HOMOGENIZED WHOLE MILK UNDER A VACUUM TO REMOVE HALF ITS WATER, SEALING IT IN CANS, AND THERMALLY PROCESSING IT. WHEN EVAPORATED MILK IS MIXED WITH AN EQUAL AMOUNT OF WATER, ITS NUTRITIVE VALUE IS ABOUT THE SAME AS WHOLE MILK. EVAPORATED SKIM MILK IS ALSO AVAILABLE.

TIPS ON EVAPORATED MILK: ALWAYS REFRIGERATE AFTER OPENING. USED FULL STRENGTH, EVAPORATED MILK ADDS EXTRA NUTRITIVE VALUE TO THE DIET. EVAPORATED MILK, WITH AN EQUAL AMOUNT OF WATER ADDED, MAY REPLACE FRESH MILK IN RECIPES. IT CAN ALSO BE USED IN COFFEE OR ON HOT OR COLD CEREAL.

- **SWEETENED CONDENSED MILK** THIS CONCENTRATED CANNED MILK IS PREPARED BY REMOVING ABOUT HALF THE WATER FROM WHOLE MILK. OFTEN USED IN CANDY AND DESSERT RECIPES, SWEETENED CONDENSED MILK HAS AT LEAST 40 PERCENT SUGAR BY WEIGHT.