

# Milk: From Farm to Table

Cows create a superfood when they turn plants into nutrient-rich milk



## Cows turn plants into milk

Cows have special stomachs with four compartments that allow them to digest plants that humans can't, which they then naturally transform into milk.

**The environmental impact of producing a gallon of milk in 2017 required 30% less water, 21% less land and a 19% smaller carbon footprint than it did in 2007.**

## Milking

Cows need to be milked two or three times a day. Milking machines provides a light suction that pulsates to gently allow the milk to release.

**Dairy farmers routinely feed their cows byproducts such as almond hulls, canola meals, citrus pulp and more. These products, which were once thrown away, have nutritional value to cows.**

## Caring for cows and the environment

You need healthy cows for quality milk, so dairy farmers work 365 days a year making sure their cows are comfortable, with the right food, water, bedding and veterinary care. Farmers often recycle the cow manure and use it as fertilizer for crops.



## Cooling & transportation

Milk gets cooled and stored in large tanks, tested for safety and then driven in an insulated tanker truck to the processing plant.

**Milking equipment delivers milk directly from the cows to a refrigerated holding tank. The milk is then quickly transported to processing plants for continued freshness and safety.**

**Homogenization mixes the fat more evenly within the milk. Homogenization is a simple process that mixes and disperses that milk fat by using a high-pressure procedure to break it down into smaller particles.**

## Processing & packaging

The processing plant pasteurizes the milk, heating it to eliminate any harmful bacteria, then quickly recooling it.

The milk can then make all sorts of dairy products:

- Coagulated to make **cheese**
- Fermented to make **yogurt**
- Fat skimmed off and packaged as **cream** or churned into **butter**
- Remaining milk packaged as **skim milk**, or remixed and homogenized to make **low-fat** and **whole milk**
- Mixed with lactase to break down the lactose, creating **lactose-free milk**.



## The store & your fridge

The entire process from the farm to your local grocery store only takes about two days, so milk is fresh when it gets to you.

**Milk costs around 25 cents per 8-ounce glass with thirteen essential nutrients - a nutritional bargain!**



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