

What's the difference between the different kinds of milk?

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Whole Milk is 3.5% milkfat, which is why it tastes so delicious and has a rich, creamy texture. After babies stop drinking mother's milk, they usually drink whole milk until they are at least two years old. The fatty acids in whole milk are important to the development of the brain and the nervous system.

2% Lowfat Milk has the benefits of less milkfat, but still tastes great. It is fortified with skim milk and has 10 grams of protein per cup. Two percent milk is almost as popular as whole milk.

1% Lowfat Milk is made by reducing the milkfat content even more. Like two percent milk, it is fortified with skim milk, making it vitamin and mineral rich. One percent milk is great for people on diets and women and girls who want a concentrated source of calcium in a delicious drink.

Skim Milk, also called nonfat milk, is one of the most nutrient-dense foods of all. It has as much fat as possible removed, less than ½ gram per serving, and 45% less calories than whole milk. Yet skim milk still supplies all of the nutrients of whole milk.

Buttermilk, despite its name, is typically made from nonfat or lowfat milk. It is a cultured sour milk made by adding certain organisms to sweet milk. It is very popular in cooking. How about some buttermilk biscuits or buttermilk pancakes or...

Chocolate Milk is milk plus cocoa and sweeteners. It is usually made from lowfat or nonfat milk. The chocolate doesn't add any fat, just calories (about 60) and a little caffeine (about 5 mg per cup, the same amount in a cup of decaf coffee).

Acidophilus Milk is made by adding a live bacterial culture to milk after pasteurization. It is easier to digest for some people.