

Milk Products

Look at the infographic below and answer the following questions



Nutrients considered included: calcium, protein, vitamin C, iron, potassium, vitamin A, vitamin D, riboflavin, niacin, vitamin B12 and phosphorus. Drink costs calculated based on 80 nationwide grocery data, custom databases or representative nationally available information on price per ounce. Nutrient data from USDA National Nutrient Database for Standard Reference, Release 28, and representative manufacturer data, as available. Nutrients listed meet "good source" for listed serving of beverage. Ingredients from available nationally representative manufacturer data. ShopSmart, 2012. Telephone survey of random household pooled 1,000 female consumers to address their behaviors and attitudes regarding their eating habits. Perceptions of Milk and Milk Alternatives, 2012. Conducted by Ipsos, Global Market Research. Includes more than 2,000 adults ages 18-49.

- What are the alternatives to cow's milk that are available? Can you think of any others that are not mentioned above?

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- According to the infographic which type of milk is most nutritious?
- Which is the cheapest?
- Which one has the least ingredients and therefore the least processing?
- What do you call someone who cannot drink milk? What alternatives do those people use?
- In food safety the danger zone is between 4 and 60 degrees. Why must milk be kept cool? Where is the best place to keep it?



Yummy mummy!

