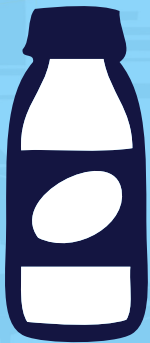




June Dairy Month

Dairy Trivia

Brought to you by the dairy farm families of the Southeast



Q: What is pasteurization?

A: Pasteurization is the process of heat processing a liquid or a food to kill pathogenic bacteria to make the food safe to eat. Pasteurized milk is 150 times safer than raw milk (Centers for Disease Control).

Q: How many grams of protein can be found in one serving of milk?

A: **Eight.** At \$0.25 per serving, milk offers an affordable and nutritious supply of protein.

Q: True or false: Greek yogurt and regular yogurt are made from different types of milk.

A: **False.** Both Greek and regular yogurt are made from cow's milk.

Q: True or False: Eating yogurt helps with digestion.

A: **True.** Yogurt contains active cultures, also known as "good bacteria," that help to regulate food digestion.



Q: How many glasses of milk do cows produce daily?

A: On average, cows produce **7 to 9 gallons** of milk a day, or around **128 glasses**.

Q: True or false: All dairy cows are female?

A: **True.** In order to produce the milk we drink, cows must be female.

Q: How many gallons of water do cows drink per day?

A: Cows drink more than **50 gallons** of water a day - that's enough to fill a bathtub.

To find out more about how you can "Get More with Milk" visit us online at southeastdairy.org