

What is A2 type milk?

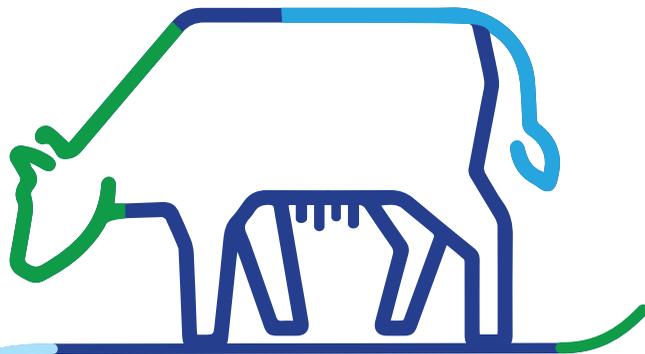
A2 milk is named for the nearly identical beta-casein proteins A1 and A2 found in milk. A2 milk contains only the A2 protein, which some people say is easier to digest. Studies continue to determine the proteins' differences on digestion.

Whole, skim or 1%, the only difference is fat content.

While 1% and 2% milks describe how much fat they contain in the name, whole milk contains 3.25% fat and skim contains 0% fat. All milk is a good source of protein, calcium and vitamin D. The calcium in three servings of milk is equal to 17 cups of kale!

Flavored milk is an easy way to fuel growing bodies.

With 9 essential vitamins and minerals, flavored milk provides better nutrition compared to other popular beverages.



Next time you're in the dairy aisle, remember how your local farmers provide healthy dairy products for you.



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The Dairy Farm Families of the Southeast

For dairy recipes and information about how
to incorporate dairy into your diet,
visit thedairyalliance.com



Everyone knows that **milk** comes from cows, but how does a **dairy farmer's** work relate to you? See how milk goes from **the farm to the dairy aisle.**

Farm practices are regulated by state and federal agencies, but dairy farmers work to improve methods further. The dairy industry produces only about 2% of America's greenhouse gas emissions, but farmers want to reduce their emissions even more!

Dairy farmers are the original environmentalist.

From water usage to manure management, dairy farmers are committed to sustainability. Genetically modified crops in use are meant to conserve water and lower the use of

Dairy pesticides. Cows and their milk are not GMOs.

farmers care about protecting the land and aiding their community.



Dairy cows are only given antibiotics when sick and prescribed by a veterinarian.

For her safety, a sick cow is given antibiotics and separated from the herd. Though she is milked, this milk is discarded until the cow recovers. Additionally, milk from the herd is tested for antibiotics before leaving the farm and again at the processing plant. Making milk one of the safest foods around!

Dairy farmers work tirelessly to produce a quality product!



Milk is pasteurized, meaning heat is applied to minimize bacteria.



Unpasteurized or raw milk does not provide more health benefits—it can actually make you sick! Without pasteurization, bacteria can be present and pose a serious health risk.

Milk is homogenized, packaged and loaded up for a quick road trip.

By pumping milk through high pressure filters, homogenization keeps milk fats from separating into cream.

There are a lot of options when you go to the grocery store, so **what's right for you?**

Plants and animals are different, so their nutrients are different, too.

Plant-based milks require nutrients to be added. Dairy milk naturally contains nutrients like calcium, protein, B vitamins and potassium to keep your body strong and energized.

You can enjoy dairy without the consequences of lactose sensitivity.

Dairy is pretty tasty, so imagine trying to live without it! Lactose is a natural sugar in milk that is broken down by the body's enzyme lactase. Those with a lactose sensitivity don't produce enough lactase. Luckily, there are products for those who are lactose intolerant. Hard cheeses and cultured products have minimal amounts of lactose, while lactose-free milk is, well, lactose free!

Arriving within 2 days of leaving the farm, **milk is one of the freshest items in the grocery store.**

