



Additional Information

Homogenization

If raw milk is left to stand, fat particles in the milk will gradually float to the top and form a layer of cream. To prevent this separation of fat particles, it is necessary to homogenize the milk. Homogenization is the process of breaking up and evenly distributing the fat globules. This process is done by quickly pumping raw milk through a series of small tubes or pipes.

Pasteurization

Pasteurization is a method used to kill harmful bacteria found in raw milk. In the pasteurization process, milk undergoes a period of heating, immediately followed by a period of cooling. In Canada, all milk products are required to be pasteurized as it helps prevent illness.

Lactose Intolerance

Lactose intolerance is the body's inability to digest lactose, a sugar found in milk. Humans who are lactose intolerant cannot consume milk products without uncomfortable symptoms. Lactose intolerance occurs when the body does not produce lactase, the enzyme that breaks down lactose.