

What's new ... in **dairy** and eggs?



Welcome

This issue of *What's New in Dairy and Eggs* will answer those frequently asked questions about dairy and eggs. This newsletter was developed to help make your jobs as food teachers easier. We want to know how we can make it better. If you have topics you would like to see covered in future issues, please send them to mfpoetz@albertamilk.com by April 15, 2006.

Dairy Products

Here are the most commonly asked questions about milk:

Is chocolate milk a healthy choice? Chocolate and other flavoured milks contain the same nutrients as regular milk and the same amount of sugar as one glass of unsweetened orange juice. Milk is a nutritional powerhouse that provides 15 essential nutrients for health: protein, vitamin D, vitamin A, calcium, potassium, phosphorus, zinc, magnesium, and seven B vitamins. Milk is 87 per cent water, so it helps keep you hydrated.

If I am lactose intolerant, can I still eat dairy products? Yes, most people with lactose intolerance can still enjoy dairy products as part of their diet. The amount and type of dairy products that can be consumed varies from person to person. You may have to experiment to determine your tolerance level. Dairy products like yogurt and cheese have reduced lactose levels and are usually tolerated well by those with lactose intolerance.

Can you freeze milk? Yes, although freezing milk will affect its texture, it may be frozen for up to three weeks. Skim, 1% and 2% milk freeze better than whole milk. It should be thawed in the refrigerator and shaken well before use.

Dairy Industry

Here are the most commonly asked questions about the dairy industry:

How is the safety of our milk guaranteed on the farm?

Farmers feed their cattle a healthy, well-balanced diet in order to ensure the production of high quality milk. Cows are given fresh bedding in order to ensure cleanliness. Farmers and veterinarians

Featured Dairy Recipe

Creamy Cocoa Pudding

Ingredients

1 cup	milk	250 mL
¼ cup	cocoa powder	50 mL
⅓ cup	flour	75 mL
½ cup	sugar	125mL
1 cup	10% cream	250 mL

Method

1. Combine sugar, cocoa and flour.
2. Slowly add milk and cream. Mix well.
3. Pour mixture in a saucepan. Cook and stir over medium heat until mixture boils and thickens.
4. Pour mixture into pudding dishes, cover dishes with plastic wrap and refrigerate approximately 20 minutes until set.

Serves 4

regularly check the herd for health, the volume of milk produced, the amount of feed eaten, and the overall appearance of the cows. Before milking, the cow's teats are washed with a disinfectant solution. The milking process uses sanitized milking machines that take the milk from the cow, send it through a sanitized pipeline and filter it into a large refrigerated holding tank which quickly cools the milk to 4 C. Each truckload of milk is tested for a number of milk quality factors like inhibitors, protein and fat content, freezing point, lactose, and somatic cell count. In addition, milk samples from each producer are tested monthly.

Do Canadian dairy producers treat their cows with hormones such as bovine somatotropin (BST) to increase milk production?

No. Canadian dairy producers do not treat their cows with hormones such as BST. This practice is not permitted under current legislation in Canada.

Resources

Treat Yourself – Quick and easy milk recipes that are appealing to your whole class.

Anytime is Dairy Time: Volume III – Easy Weekday Meals

Anytime is Dairy Time: Volume IV – Weekend Delights

Contact jvbosch@albertamilk.com to order.

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Egg Products

One of the most commonly asked questions we get is:

Why do some eggs have light yellow yolks while others have darker yellow yolks?

It's all due to the hen's feed. A hen that eats a wheat-based diet (often the case in Alberta) produces lighter coloured yolks, while a hen that eats a corn or alfalfa-based diet (more common in other provinces) produces darker yellow coloured yolks. Different yolk colour does not affect nutritional content or functional properties.

Egg Industry

One of the most commonly asked questions we get is:

Why are hens kept indoors... and why in cages?

Not all hens in commercial egg production are housed in cage housing systems within barns, although most are. The hens are housed inside barns for humane animal welfare reasons. Barns protect hens from natural predators, like coyotes, as well as from the cold, heat, rain and snow of Alberta's and Canada's climate.

Why cages? Most hens, though not all, are in commercial egg production and are kept in cages with a few henmates. This is also for animal welfare reasons. Hens, like many other birds, feel safest and most secure when they're very close to one another. At the same time, too large a group of hens together results in the natural, instinctive pecking order phenomenon, putting weaker hens at risk of serious harm.

Cages serve another important function; they make it easier to ensure optimal food safety and food quality as eggs are easier to find (they drop down from the cage to a conveyer belt immediately after being laid) and quicker to get into refrigeration. They also allow for the producer to more quickly identify hens that are not well and take appropriate action.

Featured Egg Recipe

A new twist (method and ingredients) for scrambled eggs and a higher nutritional value too!

Shake and Scramble

Ingredients		
2	eggs	2
2 tbsp	milk	25 mL
¼ cup	ham or smoked turkey, finely chopped	50 mL
¼ cup	green or red pepper or cooked vegetables, chopped	50 mL
¼ cup	shredded cheese	50 mL
To taste	salt and pepper	
1 tsp	butter or cooking spray	5 mL

Method

1. Combine ingredients in a container with a tight-fitting lid; cover and shake together until well mixed.
2. Lightly grease/spray a small skillet with butter or cooking spray; heat over medium heat.
3. Add mixture to skillet. As eggs begin to set, gently move spatula across bottom and sides to form large, soft curds. Continue cooking over medium heat until eggs are thickened and no visible liquid egg remains but are still moist. Serves 1.

For over 250 more egg recipes, check out www.eggs.ab.ca

(Note: For those preferring eggs from hens allowed to roam free in barns, without being in cages, look for the words "free run" on the carton.)

Resources

A brand new booklet, Eggs-pose, contains two dozen of the most frequently asked questions about eggs and the egg industry. It's a must have! Order a copy for your files...a class set for your students...maybe even a few extra for staff at your school!

To order copies contact:
Toll-free 1-877-302-2344 extension 28
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