

Cream is the richer, higher fat milk product separated from milk. Graham's have single, double and whipping cream.



Cream Fact Sheet



Fun Facts

- Cream is the substance that naturally separates from fresh milk.
- Cream can be used for lots of things: it can be added to soups, milkshakes, cakes, pastries and other desserts.
- Cream was first used by the Romans in the 9th Century but was made popular 300 years ago by the Austrians, from the capital city Vienna.

Double cream	- 48% fat
Whipped cream	- 40% fat
Single cream	- 18% fat

How our cream is made

Cream is a naturally occurring substance. It is that high-fat product that appears as a layer on top of milk. To make cream it is simply separated from the milk. All our cream goes through a process called Pasteurisation. This means that any nasty germs in the cream are removed. The cream is heated up and then cooled down again and this makes it safe for you to eat. The different types of cream are made by adding different quantities of milk.

Whipped cream is made by mixing air into the cream.

Nutrients

Many people often think that cream is decadent and only provides the body with fat, but it actually contains lots of good stuff. Because cream is a dairy product, which means it comes from milk, it contains calcium and Vitamin A. Calcium helps your teeth and bones to grow healthy and strong. Vitamin A makes your eyes and skin healthy.

While cream does contain more fat than milk. You can enjoy cream every so often as a nutritious treat and part of your weekly diet.

Ice Cream Fact Sheet



Fun Facts

- People have been enjoying ice cream hundreds of years.
- Many people say that the inventor of ice cream was Emperor Nero of Rome in Italy – he enjoyed eating a mixture of snow, nectar, fruit and honey.
- It takes on average 50 licks to polish off a single scoop ice cream cone.
- The biggest ice cream sundae was made in Canada and weighed over 24 tonnes – that's the same weight as 48 Jersey cows!
- Hawaii has a fruit known as the ice cream bean and tastes like vanilla ice cream.
- Britain is Europe's third biggest consumer of ice cream.
- The USA is the country that eats the most ice cream in the world.
- The UK's most popular flavour of ice cream is vanilla, followed by chocolate and strawberry.
- Most ice cream is sold on Sundays.

How our ice cream is made

Ice cream is a mixture of cream, milk and sugar. This is all mixed together. Ice cream is also pasteurised to make it pure and great to eat. If it is a flavoured ice cream, fruit is added. The mixture is then frozen in a special machine that mixes it again. This mixes in air and keeps the ice crystals small. This is just one of the secrets of our smooth and creamy texture, yum yum.

Nutrients

Like cream, ice cream does contain fat but eating it as an occasional treat is fine. Ice cream can be nutritious, because it is made with milk and cream which are a good source of calcium. This helps bones and teeth grow strong. Ice cream also has vitamin A in it, which is good for eyes and skin.

