

Milk Fact Sheet

People have been drinking milk for thousands of years because it is a great source of vitamins and minerals to make you healthy and strong.



Milky Facts

- Milk became popular 10,000 years ago when people started keeping animals.
- Cows produce 90% of the world's milk.
- There are many animals in the world that can produce milk including goat, sheep, camels, buffalo, reindeer and even horses!
- Yak's milk is pink!
- The Milky Way is the galaxy which our solar system belongs to – legend has it that it was created by drops of milk from the breast of a Greek Goddess while she fed her son Hercules.
- There's no better recipe for a good night's sleep than a glass of warm milk.
- Vitamins A, D and B12 and minerals such as potassium, calcium, phosphorus, zinc, magnesium and protein can all be found in milk - these are essential for human health.
- If you're eating spicy food, drinking milk will help cool your mouth.
- Milk is comprised of around 85% water – the rest is vitamins and minerals.
- Graham's have been dairy farming for 3 generations and used to deliver milk by pony and trap.

Skimmed

Skimmed milk is made by removing all the cream from the milk the cows give us. It therefore contains less fat, around 0.2% and has a more watery appearance. It contains slightly more calcium than whole milk but it has less vitamins and minerals. Skimmed milk is great for adults who are trying to lose weight. If you are aged 5 or under you should not drink skimmed milk because it will not give you all the vitamins you need to grow big and strong.



Semi-skimmed

Semi-skimmed milk is the most popular type of milk in the UK. We make our semi-skimmed milk by removing all the cream from the cow's milk and then putting half the amount back in. It therefore contains half the amount of fat, about 1.7%. Semi-skimmed milk is great after exercise – it restores your body with all the water you need and also provides you with essential nutrients.



Whole

Whole milk is the milk that is collected from the cows. Nothing is added or removed and therefore it contains around 3.5% fat – everybody, especially growing children need to consume a little fat and the fat found in milk is good for you. Whole milk is great for young children as it contains lots of calcium – to help your bones and teeth grow strong.



Graham's Gold Milk

Graham's Gold milk is collected from our Jersey cows. Graham's Gold milk contains 25% more calcium and 18% more protein than whole milk. It is perfect for young children and older people. It has a smoother consistency and taste. It contains a lot of Vitamin A as well, which is good for your eyesight and skin.

Pasteurisation

All Graham's milk goes through a process called pasteurisation. This is a way of getting rid of any bacteria and leaving just delicious, healthy milk for you to enjoy.

It was invented by a French scientist called Louis Pasteur over 150 years ago. The milk is heated to around 71°C – that's hot! It is then cooled down very quickly to below 6°C using chilled water. This means the milk is safe to drink and will last longer when it's in your fridge at home.

This process does not take away any of the 'good stuff'. In fact, Graham's milk is packed with natural vitamins and minerals.