



MEDIA RELEASE

An initiative by the
Consumer Education Project of Milk SA

UHT Milk has become a favourite in our homes

In many South African households, nutritious and convenient Ultra High Temperature (UHT) or 'Long Life' milk has become the family's milk product of choice. According to Maretha Vermaak, the Registered Dietitian at Rediscover Dairy the difference between the nutritional values of fresh pasteurised milk and UHT milk is minimal. Both are nutritious and play the same important role in the family's daily diet.

“ Vermaak says, “From a nutritional perspective, consumers care about getting the benefits from the calcium content of milk, and because it is a heat-stable mineral, calcium remains plentiful in UHT milk. Likewise, the differences between the protein quality of UHT and pasteurised milks are negligible.



Consumers who choose UHT milk will get the same health benefits associated with fresh pasteurised milk.”

She also points out that there are no preservatives in UHT milk.

“Some consumers may make assumptions that the long shelf life of UHT milk means there are added preservatives,” she says, “But this is a misconception. No preservatives are allowed in any form of drinking milk and all spoilage causing organisms are destroyed during the commercial sterilisation process.”



heat treatment, has long been the norm. However, the UHT process with its deployment of ultra heat technology is definitive when it comes to food safety concerns, providing an extra layer of consumer confidence when it comes to health.

UHT milk, a convenience factor in busy lifestyles

UHT milk provides the undeniable convenience of buying milk as a pantry item rather than as a consumable. Due to this, UHT milk can also be bought in bulk, enabling consumers to take advantage of specials and ensuring that you always have milk on hand. Once you open your UHT milk carton, the product must be refrigerated and it has the same “use by” constraints as fresh milk, which is between 4 to 7 days.


It might sound technical but UHT milk simply refers to the process where raw milk is rapidly heated to a temperature much higher than traditional pasteurisation before being rapidly cooled to room temperature and then packaged in sterilised cartons. Consumers who want to know more about the heat treatment of milk can download the Rediscover Dairy fact sheet.

Beyond shelf life, there are benefits to UHT milk

Consumers trying out UHT milk for the first time may notice some subtle taste differences. The temperature applied during the UHT process does give the milk a slightly cooked taste which could be perceived as creamier or sweeter. This does not mean that sugar or fat has been added. The UHT process is free of all additives. The slight taste difference comes from using a higher temperature which results in the slight caramelisation of the lactose, which is the natural sugar in milk.

Some consumers are concerned that they might not get the same baking results if they use UHT milk. This is not something to worry about. In fact, consumers will appreciate that the slightly sweeter taste might add to the flavour of their home baking.





Overwhelmingly, UHT milk has transformed the way we buy and consume milk because it is so easy to store for extended periods of up to 9 months. Consumers are advised to always check the shelf-life date on the packaging. UHT is a technology that retains the goodness of milk while making it possible for us to buy milk as a pantry item until we need to use it. Modern families need both the nutritional value of milk and convenience as we navigate our busy, complex world.



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