




POWER UP!

COOKING WITH MILK PRODUCTS & EGGS

Product Cards


Power Up! is an Alberta Education Authorized Resource.

Dairy Farmers of Canada and Egg Farmers of Alberta are proud supporters of Power Up! and were instrumental in launching the program.

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Access other **Power Up! Cooking with Milk Products & Eggs** resources **on** ***TeachNutrition.ca*****.**

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Milk Product Cards

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Many consumers are becoming more aware of where their food comes from and are seeking more locally produced foods. In addition to supporting local farmers and potentially preserving their livelihood, buying local foods supports the local economy by employing people in other businesses that support the farming and food industry, helps preserve farmland for future generations and supports the continued provision of high quality foods.

The Dairy Farmers of Canada "Quality Milk" logo can be used to identify 100% Canadian milk and Canadian dairy ingredients in stores.

SKIM MILK

Skim milk is fluid milk that is almost completely fat-free, with only about 0.1% fat. All milk produced in Alberta is pasteurized and fortified with vitamin D. Vitamin A is added back to 1%, 2% and skim milk because this vitamin is lost when the fat is removed. Skim milk is available in cartons, bottles and jugs.

Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness. Milk is heated to a high temperature and then rapidly cooled. Pasteurization does not involve the use of any additives.

Pasteurization makes milk safe to drink and increases the length of time it can be kept before it spoils. The nutrient losses due to pasteurization are so small they are considered insignificant.

Canadian milk is free of antibiotics and synthetic growth hormones.

Nutrition Facts Per **250 ml**	
Calories 88	%DV*
Fat 0.2g	0%
Saturated 0.1g	1%
+ Trans 0g	
Carbohydrates 12.8g	
Fibre 0g	0%
Sugars 13.2g	13%
Protein 8.7g	
Cholesterol 5mg	
Sodium 109mg	5%
Potassium 404mg	9%
Calcium 316mg	24%
Iron 0.1mg	1%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- When shopping, pick up the milk last so it doesn't warm up while you fill your basket.
- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest milk possible and always use by the "best before date." Remember to open new milk containers in the same order in which you bought them. First in the fridge, first out.
- Keep milk containers closed and store away from strong-smelling food items in the fridge – the milk can pick up those odours.
- Store milk on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Whenever possible, leave milk in its original container to safeguard its flavour and nutrients.
- To avoid spoilage, do not return unused milk from a serving pitcher to the original container.
- Milk can be frozen for up to 3 weeks. However, upon thawing it can separate and lose its smooth texture. Partly skimmed and skim milk freeze better than whole milk. If it separates upon thawing, beat it with an electric mixer or an immersion blender with the whip attachment.
- If freezing foods such as soups or stews, add the milk after you reheat the thawed food.

Tip!

☑ Skim milk can be used in recipes calling for milk, though it may not provide enough creaminess in recipes using more than 500 ml (2 cups), or in those that call specifically for 1%, 2% or homogenized milk.

1% MILK

1% milk is one variety of partially skimmed milk. The 1% refers to the percentage of fat by weight that the milk contains. 1% milk is lower in fat than "whole" milk that comes directly from the cow. All milk produced in Alberta is pasteurized and fortified with vitamin D. Vitamin A is added back to 1%, 2% and skim milk because this vitamin is lost when the fat is removed. This milk is also homogenized, which disperses the fat more evenly throughout the milk and keeps it from separating. 1% milk is available in cartons, bottles and jugs.

Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness. Milk is heated to a high temperature and then rapidly cooled. Pasteurization does not involve the use of any additives.

Pasteurization makes milk safe to drink and increases the length of time it can be kept before it spoils. The nutrient losses due to pasteurization are so small they are considered insignificant.

Canadian milk is free of antibiotics and synthetic growth hormones.

Nutrition Facts Per **250 ml**	
Calories 108	%DV*
Fat 2.5g	3%
Saturated 1.6g	9%
+ Trans 0.1g	
Carbohydrates 12.9g	
Fibre 0g	0%
Sugars 13.4g	13%
Protein 8.7g	
Cholesterol 13mg	
Sodium 113mg	5%
Potassium 387mg	8%
Calcium 322mg	25%
Iron 0.1mg	1%
*5% or less is **a little**, 15% or more is **a lot**	

Storage & handling

- When shopping, pick up the milk last so it doesn't warm up while you fill your basket.
- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest milk possible and always use by the "best before date." Remember to open new milk containers in the same order in which you bought them. First in the fridge, first out.
- Keep milk containers closed and store away from strong-smelling food items in the fridge – the milk can pick up those odours.
- Store milk on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Whenever possible, leave milk in its original container to safeguard its flavour and nutrients.
- To avoid spoilage, do not return unused milk from a serving pitcher to the original container.
- Milk can be frozen for up to 3 weeks. However, upon thawing it can separate and lose its smooth texture. Partly skimmed and skim milk freeze better than whole milk. If it separates upon thawing, beat it with an electric mixer or an immersion blender with the whip attachment.
- If freezing foods such as soups or stews, add the milk after you reheat the thawed food.

Tip!

☑ Partly skimmed milks are the most popular types of milk for everyday use. You can use both 1% and 2% interchangeably in recipes that call for milk.

2% MILK

2% milk is one variety of partially skimmed milk. The 2% refers to the percentage of fat by weight that the milk contains. 2% milk is lower in fat than "whole" milk that comes directly from the cow. All milk produced in Alberta is pasteurized and fortified with vitamin D. Vitamin A is added back to 1%, 2% and skim milk because this vitamin is lost when the fat is removed. This milk is also homogenized, which disperses the fat more evenly throughout the milk and keeps it from separating. 2% milk is available in cartons, bottles and jugs.

Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness. Milk is heated to a high temperature and then rapidly cooled. Pasteurization does not involve the use of any additives.

Pasteurization makes milk safe to drink and increases the length of time it can be kept before it spoils. The nutrient losses due to pasteurization are so small they are considered insignificant.

Canadian milk is free of antibiotics and synthetic growth hormones.

Nutrition Facts Per **250 ml**	
Calories 129	%DV*
Fat 5.1g	7%
Saturated 3.2g	17%
+ Trans 0.2g	
Carbohydrates 12.4g	
Fibre 0g	0%
Sugars 13.1g	13%
Protein 8.5g	
Cholesterol 21mg	
Sodium 121mg	5%
Potassium 361mg	8%
Calcium 309mg	24%
Iron 0.1mg	1%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- When shopping, pick up the milk last so it doesn't warm up while you fill your basket.
- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest milk possible and always use by the "best before date." Remember to open new milk containers in the same order in which you bought them. First in the fridge, first out.
- Keep milk containers closed and store away from strong-smelling food items in the fridge – the milk can pick up those odours.
- Store milk on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Whenever possible, leave milk in its original container to safeguard its flavour and nutrients.
- To avoid spoilage, do not return unused milk from a serving pitcher to the original container.
- Milk can be frozen for up to 3 weeks. However, upon thawing it can separate and lose its smooth texture. Partly skimmed and skim milk freeze better than whole milk. If it separates upon thawing, beat it with an electric mixer or an immersion blender with the whip attachment.
- If freezing foods such as soups or stews, add the milk after you reheat the thawed food.

Tip!

☑ Partly skimmed milks are the most popular types of milk for everyday use. You can use both 1% and 2% interchangeably in recipes that call for milk.

3.25% MILK

Whole milk is **homogenized** and contains at least 3.25% milk fat. All milk produced in Alberta is pasteurized and fortified with vitamin D. Whole milk is available in cartons, bottles and jugs. Homogenized, or whole, milk does not need to be fortified with vitamin A as levels of this vitamin are already sufficient.

Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness. Milk is heated to a high temperature and then rapidly cooled. Pasteurization does not involve the use of any additives. Pasteurization makes milk safe to drink and increases the length of time it can be kept before it spoils. The nutrient losses due to pasteurization are so small they are considered insignificant.

Homogenized milk was first introduced in the 1920s and, since then, has become very common. Homogenization does not affect the composition of milk. Homogenization changes the size of the fat globules, making them more uniform, so the fat remains more evenly dispersed throughout the milk. This means the fat will not rise to the top or cling to the sides of the container.

Canadian milk is free of antibiotics and synthetic growth hormones.

Nutrition Facts Per **250 ml**	
Calories 157	%DV*
Fat 8.4g	11%
Saturated 4.8g	26%
+ Trans 0.4g	
Carbohydrates 12.4g	
Fibre 0g	0%
Sugars 13.0g	13%
Protein 8.1g	
Cholesterol 26mg	
Sodium 111mg	5%
Potassium 340mg	7%
Calcium 291mg	22%
Iron 0.1mg	1%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- When shopping, pick up the milk last so it doesn't warm up while you fill your basket.
- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest milk possible and always use by the "best before date." Remember to open new milk containers in the same order in which you bought them. First in the fridge, first out.
- Keep milk containers closed and store away from strong-smelling food items in the fridge – the milk can pick up those odours.
- Store milk on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Whenever possible, leave milk in its original container to safeguard its flavour and nutrients.
- To avoid spoilage, do not return unused milk from a serving pitcher to the original container.
- Milk can be frozen for up to 3 weeks. However, upon thawing it can separate and lose its smooth texture. Partly skimmed and skim milk freeze better than whole milk. If it separates upon thawing, beat it with an electric mixer or an immersion blender with the whip attachment.
- If freezing foods such as soups or stews, add the milk after you reheat the thawed food.

Tip!

☑ Whole milk is often called for in dessert recipes and adds just a touch of extra richness in coffee, soups and other savoury dishes. It can be used in any recipe that calls for milk.

BUTTERMILK

Buttermilk is fresh milk with an added bacterial culture, similar to yogurt. It can also be called cultured buttermilk.

Bacterial culture gives the buttermilk a tangy flavour and its thick, rich texture. Traditionally, buttermilk was the low-fat liquid that remained after cream was churned into butter.

Buttermilk can contain from 0.1 to 2 percent milk fat.

Buttermilk is produced from pasteurized skim milk fortified with skimmed milk solids, or from partly skimmed milk to which milk fat is added in the form of homogenized cream.

The bacterial culture is added to milk, incubated under controlled conditions until 0.8 percent to 0.9 percent acidity is reached and then cooled quickly to 10° C. At this time, salt may be added for flavour. Buttermilk is then stored at 4° C.

Nutrition Facts Per **250 ml of 2%**	
Calories 145	%DV*
Fat 5.2g	7%
Saturated 3.2g	17%
+ Trans 0.2g	
Carbohydrates 13.7g	
Fibre 0g	0%
Sugars 13.7g	14%
Protein 10.6g	
Cholesterol 21mg	
Sodium 272mg	12%
Potassium 466mg	10%
Calcium 370mg	28%
Iron 0.2mg	1%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- When shopping, pick up the buttermilk last so it doesn't warm up while you fill your basket.
- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest buttermilk possible and always use by the "best before date." Remember to open new milk containers in the same order in which you bought them. First in the fridge, first out.
- Store buttermilk in a closed container and keep it on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Whenever possible, leave buttermilk in its original container to safeguard its flavour and nutrients.
- To avoid spoilage, do not return unused buttermilk from a serving pitcher to the original container.
- Buttermilk can separate when it sits. It should be shaken well before using.

Tip!

☑ Buttermilk adds tenderness to baked goods, and a light, tangy flavour to soups and salads.

Lactose reduced milk is cow's milk that uses a lactase enzyme to break down the lactose. This makes it possible for people with lactose intolerance to more easily digest milk and foods that are cooked with milk.

Organic milk is milk from cows that are fed crops that are organically grown. Regular and organic milk are equally safe and nutritious.

Nutrition Facts Per **250 ml of 1% lactose reduced**	
Calories 110	%DV*
Fat 2.5g	3%
Saturated 1.5g	8%
+ Trans 0g	
Carbohydrates 12.0g	
Fibre 0g	0%
Sugars 12.0g	12%
Protein 9.0g	
Cholesterol 10mg	
Sodium 120mg	5%
Potassium 387mg	8%
Calcium 330mg	25%
Iron 0mg	0%
*5% or less is **a little**, 15% or more is **a lot**	

Storage & handling

- When shopping, pick up the milk last so it doesn't warm up while you fill your basket.
- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest milk possible and always use by the "best before date." Remember to open new milk containers in the same order in which you bought them. First in the fridge, first out.
- Keep milk containers closed and store away from strong-smelling food items in the fridge – the milk can pick up those odours.
- Store milk on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Whenever possible, leave milk in its original container to safeguard its flavour and nutrients.
- To avoid spoilage, do not return unused milk from a serving pitcher to the original container.
- Milk can be frozen for up to 3 weeks. However, upon thawing it can separate and lose its smooth texture. Partly skimmed and skim milk freeze better than whole milk. If it separates upon thawing, beat it with an electric mixer or an immersion blender with the whip attachment.
- If freezing foods such as soups or stews, add the milk after you reheat the thawed food.

Tip!

☑ Cooking with any type of milk, including specialty milks, is an easy and flavourful way to add calcium and other nutrients to foods.

Ultra High Temperature (UHT) milk goes through ultra-pasteurization which gives it a much longer shelf-life. Milk is heated to 138*C for two seconds and then quickly cooled to 2*C. This quick heat treatment eliminates more bacteria than regular pasteurization. UHT milk, once cooled, is poured into sterilized packages such as Tetra Paks where it can be stored at room temperature. Once opened, UHT milk should be refrigerated and has the same shelf life as regular milk.

Microfiltration can be used by dairy processors to purify milk. Micro-filtered milk has a longer shelf-life because filters reduce bacteria in milk. Similar to pasteurization but without heat.

Ultrafiltration can be used by dairy processors to reduce lactose or increase the protein in milk without any added ingredients.

Nanofiltration can be used by dairy processors to eliminate lactose from milk. High-quality lactose-free milk is ideal for individuals who are lactose intolerant.

Nutrition Facts Per **250 ml of 2% ultra-filtered**	
Calories 150	%DV*
Fat 5.0g	7%
Saturated 3.0g	16%
+ Trans 0.1g	
Carbohydrates 10.0g	
Fibre 0g	0%
Sugars 9.0g	9%
Protein 16.0g	
Cholesterol 25mg	
Sodium 80mg	3%
Potassium 361mg	8%
Calcium 435mg	33%
Iron 0mg	0%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- UHT pasteurization and sterilized packaging allows milk to be kept at room temperature. As long as the package remains closed, the milk does not have to be refrigerated. It can be stored at room temperature until the "best before date".
- Micro-filtered milk must be refrigerated.
- Once opened, UHT milk will stay fresh as long as regular milk and should be refrigerated.
- Refrigerate at 4° C as soon as possible after opening.
- Always use by the "best before date." Remember to open new milk containers in the same order in which you bought them. First in the fridge, first out.
- Store milk on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- To avoid spoilage, do not return unused milk from a serving pitcher to the original container.

Tip!

☑ Ultra-pasteurization has very little effect on milk's nutritional quality.

GOAT MILK

Goat milk has similar amounts of protein, fat, and carbohydrates as cow milk but the protein is a different type. Some people who are allergic to cow milk are able to tolerate goat milk. However, there is also no guarantee that a person who is allergic to cow milk will not be allergic to goat milk.

Lactose is present in all milks, including goat milk. Therefore, goat milk is often not a good substitute for cow milk for people with lactose intolerance.

Goat milk contains essential amino acids as well as vitamin A and minerals such as calcium, potassium, magnesium and phosphorus.

Goat milk is pasteurized and must be handled with care to maintain its quality.

Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness. Milk is heated to a high temperature and then rapidly cooled. Pasteurization does not involve the use of any additives.

Pasteurization makes milk safe to drink and increases the length of time it can be kept before it spoils.

Nutrition Facts Per **250 ml of enriched whole**	
Calories 178	%DV*
Fat 10.7g	14%
Saturated 6.9g	36%
+ Trans 0.2g	
Carbohydrates 11.5g	
Fibre 0g	0%
Sugars 11.5g	12%
Protein 9.2g	
Cholesterol 28mg	
Sodium 129mg	6%
Potassium 526mg	11%
Calcium 345mg	27%
Iron 0.1mg	1%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- When shopping, pick up the goat milk last so it doesn't warm up while you fill your basket.
- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest goat milk possible and always use by the "best before date." Remember to open new goat milk containers in the same order in which you bought them. First in the fridge, first out.
- Keep goat milk containers closed and store away from strong-smelling food items in the fridge – the goat milk can pick up those odours.
- Store goat milk on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Whenever possible, leave goat milk in its original container to safeguard its flavour and nutrients.
- To avoid spoilage, do not return unused goat milk from a serving pitcher to the original container.

Tip!

☑ A wide range of products are made from goat milk and are available in Alberta. These include **chevres**, which are hard and soft cheeses, as well as yogurt and ice cream.

FORTIFIED SOY BEVERAGE

Fortified soy beverages can be used as an alternative to cow's milk. They contain added vitamins and minerals to make them a nutritionally adequate alternative. Look for the word "fortified" on the label.

Some rice, potato and almond beverages are fortified with calcium, vitamin D and other nutrients. However, these types of beverages do not contain the level of protein found in milk or fortified soy beverage.

Non-dairy beverages are made from plants. They are used by people who have a milk allergy, lactose intolerance or follow a vegan diet. Only soy beverage is part of *Canada's Food Guide*.

Soy beverages are made from soybeans. It is the liquid that remains after soybeans are soaked, finely ground and strained.

Nutrition Facts Per **250 ml of enriched, unsweetened**	
Calories 85	%DV*
Fat 4.2g	6%
Saturated 0.5g	3%
+ Trans 0g	
Carbohydrates 4.5g	
Fibre 1.3g	5%
Sugars 1.1g	1%
Protein 7.4g	
Cholesterol 0mg	
Sodium 96mg	4%
Potassium 383mg	8%
Calcium 319mg	25%
Iron 1.2mg	7%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Fortified soy beverage can be stored unrefrigerated until opened.
- After fortified soy beverage has been opened, it should be stored and handled like fresh milk.
- After opening fortified soy beverage, immediately transfer any unused portions to a clean, opaque and airtight container.
- Use the soy beverage within 3 days of opening.
- Always use by the "best before date."
- Refrigerate at 4° C as soon as possible after opening.
- Store soy beverage on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Leftover soy beverage can be frozen in an airtight container for up to 6 weeks with no adverse effects.

Tip!

☑ The coagulated protein from soy beverage can be made into tofu, similar to the process of making dairy milk into cheese. Soy beverage can be used in many vegan and vegetarian food products and recipes.

SKIM MILK POWDER & POWDERED MILK

Partly evaporated milk is heated and dried instantly to make skim milk powder. Powdered milk has about 3 percent water content. There are instant and regular formulas.

Instant skim milk powder is made to easily dissolve when it is reconstituted. The skim milk powder is blown into a chamber containing air saturated with steam, where the minute particles combine into larger particles that contain many tiny air spaces. This makes it much easier to mix with water.

Skim milk powder requires more stirring and chilling before it can be used or served as milk.

Powdered milk is made from whole or skim milk and is available in bags and in bulk.

Nutrition Facts
Per amount to make **250 ml**

Calories 87	%DV*
Fat 0.2g	0%
Saturated 0.1g	1%
+ Trans 0g	
Carbohydrates 12.5g	
Fibre 0g	0%
Sugars 12.5g	13%
Protein 8.7g	
Cholesterol 5mg	
Sodium 128mg	6%
Potassium 431mg	9%
Calcium 302mg	23%
Iron 0.1mg	1%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- If stored in a cool, dry place, powdered milk will keep for up to one year.
- Once the package is opened, it should be used within 2 months.
- After being reconstituted, it should be stored and treated the same as regular fluid milk.
- Once reconstituted, it will stay fresh as long as regular milk and should be refrigerated.
- Refrigerate at 4° C as soon as it is reconstituted.
- Always use by the "best before date." Remember to use reconstituted milk in the same order in which you prepared it. First in the fridge, first out.
- Store reconstituted milk on refrigerator shelves, where it is cooler, rather than in refrigerator doors.

Tip!

☑ Add extra calcium and protein to muffins, quick breads, pancakes and cookies by adding powdered milk with the dry ingredients. Powdered milk mixed into meatloaf, meatballs or casseroles helps them hold shape their shape better and adds calcium.

2% CANNED EVAPORATED MILK

Evaporated canned milk has over half, usually 60 percent, of the water removed from fresh skim, 2% or 3.25% milk. When evaporated milk is **reconstituted**, or has water added back into it, it can be used in the same way as fresh milk. To reconstitute, an equal amount of water is added to the evaporated milk.

Evaporated milk can also be called **concentrated milk** and can be found with different percentages of milk fat.

The high temperature needed to sterilize the milk causes a browning reaction to occur between the milk protein and lactose, giving this milk a slightly darker colour. This canning process also results in a slightly caramelized taste.

After 60 percent of the water is removed by evaporation, the milk is homogenized, cooled and canned. Then it is sterilized by heating for 10 to 15 minutes at 98.9° C to 120° C. Controlled amounts of disodium phosphate and/or sodium citrate preserve the "salt balance" and prevent coagulation of the milk that might occur at high temperatures and during storage.

Nutrition Facts Per amount to make **250 ml**	
Calories 122	%DV*
Fat 2.7g	4%
Saturated 1.6g	8%
+ Trans 0g	
Carbohydrates 14.7g	
Fibre 0g	0%
Sugars 13.4g	13%
Protein 9.8g	
Cholesterol 10mg	
Sodium 147mg	6%
Potassium 423mg	9%
Calcium 367mg	28%
Iron 0.3mg	2%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Canned evaporated milk can be stored unrefrigerated until opened.
- After evaporated milk has been opened, it should be stored and handled like fresh milk.
- After opening canned milk, immediately transfer any unused portions to a clean, opaque and airtight container.
- Use the canned milk within 3 days of opening.
- Always use by the "best before date." Try to use older cans first. Throw out cans that are leaking, rusted, dented, cracked or have bulging lids.
- Refrigerate at 4° C as soon as possible after opening and/or reconstituting.
- Store reconstituted milk on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Leftover evaporated milk can be frozen in an airtight container for up to 6 weeks with no adverse effects.
- Do not return reconstituted milk to the original container.

Tip!

☑ Evaporated milk is sealed into cans and is heat tolerant, making it excellent for baked goods and slow-cooker recipes.

SWEETENED CONDENSED MILK

Sweetened condensed milk is made by condensing milk to one-third of its original volume and then adding sugar. It contains about 40 percent sugar, a minimum of 8.5 percent milk fat and 28 percent total milk solids. Sweetened condensed milk is very thick and sweet and is available in cans.

High temperatures of evaporation pasteurize the milk and result in a cream colour. The high sugar content in sweetened condensed milk acts as a preservative, making sterilization unnecessary.

Nutrition Facts Per **15 ml**	
Calories 62	%DV*
Fat 1.7g	2%
Saturated 1.1g	6%
+ Trans 0g	
Carbohydrates 10.6g	
Fibre 0g	0%
Sugars 10.6g	11%
Protein 1.5g	
Cholesterol 7mg	
Sodium 25mg	1%
Potassium 72mg	2%
Calcium 55mg	4%
Iron 0mg	0%
*5% or less is **a little**, 15% or more is **a lot**	

Storage & handling

- Canned condensed milk can be stored unrefrigerated until opened.
- After condensed milk has been opened, it should be stored and handled like fresh milk.
- After opening canned milk, immediately transfer any unused portions to a clean, opaque and airtight container.
- Use the canned milk within 3 days of opening.
- Always use by the "best before date." Try to use older cans first. Throw out cans that are leaking, rusted, dented, cracked or have bulging lids.
- Refrigerate at 4° C as soon as possible after opening.
- Store opened canned milk on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Leftover condensed milk can be frozen in an airtight container for up to 6 weeks with no adverse effects.

Tip!

☑ Sweetened condensed milk will caramelize when cooked slowly and can be used as a shortcut to a creamy caramel sauce. The can should be emptied into an open container and heated on the stovetop, in the oven or in the microwave.

Kefir is a cultured milk product that is popular in the Middle East and North Africa. It is nutritionally similar to yogurt as both are high in protein, calcium, magnesium, potassium and B vitamins. It gets its name from kefir grains, which are added to milk as a bacterial culture.

Kefir is thinner than yogurt and usually sold as a beverage. It can be used as a drink, poured over cereal or fruit and blended with fruit to make a smoothie. Kefir may be slightly effervescent and this slight fizziness gives it a different mouth feel and texture. Kefir's flavour is naturally sweet and slightly bubbly, and mild but a bit tangy.

Kefir contains more than three times the amount of **probiotics**, "friendly" bacteria that can promote digestive health, than yogurt.

Nutrition Facts Per **188 ml**	
Calories 111	%DV*
Fat 6.4g	9%
Saturated 4.1g	22%
+ Trans 0.3g	
Carbohydrates 7.5g	
Fibre 0g	0%
Sugars 6.9g	7%
Protein 6.2g	
Cholesterol 26mg	
Sodium 75mg	3%
Potassium 269mg	6%
Calcium 201mg	15%
Iron 0.1mg	1%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- When shopping, pick up the kefir last so it doesn't warm up while you fill your basket.
- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest kefir possible and always use by the "best before date." Remember to open new kefir containers in the same order in which you bought them. First in the fridge, first out.
- Keep kefir containers closed and store away from strong-smelling food items in the fridge – the kefir can pick up those odours.
- Store kefir on refrigerator shelves where it is cooler, rather than in refrigerator doors.
- Whenever possible, leave kefir in its original container to safeguard its flavour and nutrients.
- To avoid spoilage, do not return unused kefir from a serving pitcher to the original container.

Tip!

☑ Kefir can be substituted for yogurt in many recipes.

STIRRED OR SWISS-STYLE YOGURT

Stirred, or Swiss-style, yogurt often has a thinner consistency and can be eaten as-is, in cold beverages or incorporated into desserts.

There are a number of varieties, including low-fat, fat-free, light, probiotic, prebiotic, organic and enriched.

Yogurt is made by fermenting fresh milk and/or cream using lactic bacteria starters or "cultures." Bacteria are added to heated, pasteurized, homogenized milk, and the milk is incubated at a specific temperature to maximize the activity of the bacteria. The warm cultured milk mixture is incubated in a large vat, cooled and then stirred for a creamy texture, often with fruit or other flavourings added.

The bacteria converts the lactose to **lactic acid**, which thickens the milk and gives it the tangy taste that is characteristic of yogurt.

The yogurt is then cooled and flavoured with fruit, sugar, other sweeteners or flavourings. Stabilizers, such as gelatin, may also be added.

Nutrition Facts
Per **175 g, plain 2-4% M.F.**

Calories 88	%DV*
Fat 3.5g	5%
Saturated 2.3g	12%
+ Trans 0.1g	
Carbohydrates 6.0g	
Fibre 0g	0%
Sugars 6.0g	6%
Protein 8.1g	
Cholesterol 18mg	
Sodium 70mg	3%
Potassium 305mg	6%
Calcium 275mg	20%
Iron 0.2mg	1%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest yogurt possible and always use by the "best before date."
- Refrigerate it immediately after you buy it, storing it on the colder shelves rather than in the door.
- The "best before date" indicates the maximum date for the unopened product. Once opened, use the yogurt within a week.
- Protect yogurt from other foods with strong odours by sealing it tightly.
- Spoon as much yogurt as you're going to eat into your bowl with a clean spoon. To avoid cross-contamination, which will speed up spoiling, don't return unused portions to the original container
- Do not freeze yogurt. Freezing affects the texture and flavour.

Tip!

☑ Yogurt is a healthy snack on its own, and one of the rare foods that can be consumed without any preparation. Yogurt is used in recipes for everything from appetizers and main courses to soups, sauces and desserts. It can be substituted for mayonnaise and salad dressing, and used as the main ingredient in a vegetable or fruit dip.

BALKAN-STYLE OR SET-STYLE YOGURT

Balkan-style or set-style yogurt has a thick texture and is excellent for enjoying plain or using in recipes.

There are a number of varieties, including low-fat, fat-free, probiotic, prebiotic, organic and enriched.

Yogurt is made by fermenting fresh milk and/or cream using lactic bacteria starters or "cultures." Bacteria are added to heated, pasteurized and homogenized milk, and the milk is incubated at a specific temperature to maximize the activity of the bacteria. The warm cultured milk mixture is poured into containers and incubated without any further stirring.

The bacteria converts the lactose to **lactic acid**, which thickens the milk and gives it the tangy taste that is characteristic of yogurt.

The yogurt is then cooled and flavoured with fruit, sugar, other sweeteners or flavourings. Stabilizers, such as gelatin, may also be added.

Nutrition Facts Per **175 g, plain 2% M.F.**	
Calories 98	%DV*
Fat 3.5g	5%
Saturated 2.1g	11%
+ Trans 0.1g	
Carbohydrates 8.4g	
Fibre 0g	0%
Sugars 5.6g	6%
Protein 8.4g	
Cholesterol 14mg	
Sodium 77mg	3%
Potassium 0mg	0%
Calcium 160mg	12%
Iron 0mg	0%
*5% or less is **a little**, 15% or more is **a lot**	

Storage & handling

- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest yogurt possible and always use by the "best before date."
- Refrigerate it immediately after you buy it, storing it on the colder shelves rather than in the door.
- The "best before date" indicates the maximum date for the unopened product. Once opened, use the yogurt within a week.
- Protect yogurt from other foods with strong odours by sealing it tightly.
- Spoon as much yogurt as you're going to eat into your bowl with a clean spoon. To avoid cross-contamination, which will speed up spoilage, don't return unused portions to the original container.
- Do not freeze yogurt. Freezing affects the texture and flavour.

Tip!

☑ Yogurt is a healthy snack on its own, and one of the rare foods that can be consumed without any preparation. Yogurt is used in recipes for everything from appetizers and main courses to soups, sauces and desserts. It can be substituted for mayonnaise and salad dressing, and used as the main ingredient in a vegetable or fruit dip.

GREEK YOGURT

Greek yogurt is a very thick yogurt that is either made from milk that has had some water removed or by straining whey from plain yogurt to make it thicker and creamier. Greek yogurt tends to hold up better when heated than regular yogurt, making it perfect for cooking. It is also referred to as Mediterranean or Mediterranean-style yogurt. Greek yogurt has a higher protein content.

There are a number of varieties, including low-fat, fat-free, probiotic, prebiotic, organic and enriched.

Yogurt is made by fermenting fresh milk and/or cream using lactic bacteria starters or "cultures." Bacteria are added to heated, pasteurized and homogenized milk, and the milk is incubated at a specific temperature to maximize the activity of the bacteria. The warm cultured milk mixture is poured into containers and incubated without any further stirring.

The bacteria converts the lactose to **lactic acid**, which thickens the milk and gives it the tangy taste that is characteristic of yogurt.

The yogurt is then cooled and flavoured with fruit, sugar, other sweeteners or flavourings. Stabilizers, such as gelatin, may also be added.

Nutrition Facts Per **175 g, plain 2% M.F.**	
Calories 121	%DV*
Fat 3.5g	5%
Saturated 1.9g	11%
+ Trans 0.3g	
Carbohydrates 7.0g	
Fibre 1.8g	6%
Sugars 6.0g	6%
Protein 17.0g	
Cholesterol 11mg	
Sodium 89mg	4%
Potassium 280mg	6%
Calcium 495mg	38%
Iron 0mg	0%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Refrigerate at 4°C as soon as possible after purchase.
- Buy the freshest yogurt possible and always use by the "best before date."
- Refrigerate it immediately after you buy it, storing it on the colder shelves rather than in the door.
- The "best before date" indicates the maximum date for the unopened product. Once opened, use the yogurt within a week.
- Protect yogurt from other foods with strong odours by sealing it tightly.
- Spoon as much yogurt as you're going to eat into your bowl with a clean spoon. To avoid cross-contamination, which will speed up spoilage, don't return unused portions to the original container.
- Do not freeze yogurt. Freezing affects the texture and flavour.

Tip!

☑ Yogurt is a healthy snack on its own, and one of the rare foods that can be consumed without any preparation. Yogurt is used in recipes for everything from appetizers and main courses to soups, sauces and desserts. It can be substituted for mayonnaise and salad dressing, and used as the main ingredient in a vegetable or fruit dip. Greek yogurt can also be substituted for sour cream.

SKYR OR ICELANDIC-STYLE YOGURT

Skyr yogurt is a cultured dairy product that is technically a strained, skim-milk cheese, despite being marketed as a yogurt. It has a richer texture, milder flavour, and higher protein content than Greek yogurt as it is strained for longer to removed more water (whey). It is also referred to as Icelandic or Icedlandic-style yogurt.

There are a number of varieties, including low-fat, fat-free, probiotic, organic and enriched.

Skyr is made by fermenting milk with rennet (a complex of enzymes) and the same bacteria starters or "cultures" as yogurt. Bacteria are added to heated, pasteurized and homogenized milk, and the milk is incubated at a specific temperature to maximize the activity of the bacteria. The warm cultured milk mixture is poured into containers and incubated without any further stirring.

The bacteria converts the lactose to **lactic acid**, which thickens the milk and gives it the tangy taste that is characteristic of yogurt.

The yogurt is then cooled and flavoured with fruit, sugar, other sweeteners or flavourings. Stabilizers, such as gelatin, may also be added.

Nutrition Facts Per **175 g, plain 2% M.F.**	
Calories 140	%DV*
Fat 3.5g	5%
Saturated 2.5g	14%
+ Trans 0.2g	
Carbohydrates 8.0g	
Fibre 0g	0%
Sugars 5.0g	5%
Protein 19.0g	
Cholesterol 25mg	
Sodium 70mg	3%
Potassium 284mg	6%
Calcium 220mg	17%
Iron 0mg	0%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Refrigerate at 4°C as soon as possible after purchase.
- Buy the freshest yogurt possible and always use by the "best before date."
- Refrigerate it immediately after you buy it, storing it on the colder shelves rather than in the door.
- The "best before date" indicates the maximum date for the unopened product. Once opened, use the yogurt within a week.
- Protect yogurt from other foods with strong odours by sealing it tightly.
- Spoon as much yogurt as you're going to eat into your bowl with a clean spoon. To avoid cross-contamination, which will speed up spoilage, don't return unused portions to the original container.
- Do not freeze yogurt. Freezing affects the texture and flavour.

Tip!

☑ Yogurt is a healthy snack on its own, and one of the rare foods that can be consumed without any preparation. Yogurt is used in recipes for everything from appetizers and main courses to soups, sauces and desserts. It can be substituted for mayonnaise and salad dressing, and used as the main ingredient in a vegetable or fruit dip.

5% OR 6% LIGHT CREAM

Light cream is a blend of milk and cream. 5% or 6% light cream is a little richer than whole milk but lighter than other creams. It is a popular choice for everyday use. It is available in cartons.

Cream naturally separates from, and floats on top of, the milk layer of freshly gathered milk. Cream is separated from milk by machine. The fat content of whole cream ranges from 35 percent to 45 percent. This cream is then processed further into different types of cream by adding milk in different amounts.

All cream sold in Canada is pasteurized. Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness. This cream is also homogenized, which disperses the fat more evenly throughout the milk and keeps it from separating.

In **High Temperature, Short Time (HTST)** pasteurization, milk is heated to at least 72° C for 16 seconds, then cooled to 4° C. In **Ultra High Temperature (UHT)** pasteurization, milk is heated to 138° C for not less than two seconds, then quickly cooled to 2° C. A new process called **micro-filtration** is a patented process that uses a membrane strainer to filter most of the bacteria out of the milk.

Nutrition Facts Per **15 ml**	
Calories 12	%DV*
Fat 0.8g	1%
Saturated 0.6g	3%
+ Trans 0g	
Carbohydrates 0.8g	
Fibre 0g	0%
Sugars 1.0g	1%
Protein 0.6g	
Cholesterol 2mg	
Sodium 8mg	0%
Potassium 23mg	0%
Calcium 20mg	2%
Iron 0mg	0%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Refrigerate at 4° C as soon as possible after purchase.
- Opened cartons of cream should be refrigerated immediately after use and used up within one week.
- Store cream on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Buy the freshest cream possible and always use by the "best before date." Buy smaller amounts more often rather than storing open, large containers in the refrigerator.
- Cream does not freeze well. Upon thawing, it can separate and lose its creamy texture. If freezing foods such as soups or stews, add the cream after you reheat the thawed food.

Tip!

☑ Light cream can be used to provide a creamier texture in smoothies, coffee, hot chocolate and other recipes that call for milk.

10% HALF-AND-HALF CREAM

Half-and-half cream is an equal blend of whole cream and milk. Half-and-half cream is available in cartons and in shelf-stable boxes.

Cream naturally separates from, and floats on top of, the milk layer of freshly gathered milk. Cream is separated from milk by machine. The fat content of whole cream ranges from 35 percent to 45 percent. This cream is then processed further into different types of cream by adding milk in different amounts.

All cream sold in Canada is pasteurized. Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness. This cream is also homogenized, which disperses the fat more evenly throughout the milk and keeps it from separating.

In **High Temperature, Short Time (HTST)** pasteurization, milk is heated to at least 72° C for 16 seconds, then cooled to 4° C. In **Ultra High Temperature (UHT)** pasteurization, milk is heated to 138° C for not less than two seconds, then quickly cooled to 2° C. A new process called **micro-filtration** is a patented process that uses a membrane strainer to filter most of the bacteria out of the milk.

Nutrition Facts Per **15 ml**	
Calories 18	%DV*
Fat 1.5g	2%
Saturated 1.0g	5%
+ Trans 0g	
Carbohydrates 0.7g	
Fibre 0g	0%
Sugars 0g	0%
Protein 0.5g	
Cholesterol 5mg	
Sodium 6mg	0%
Potassium 20mg	0%
Calcium 16mg	1%
Iron 0mg	0%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Refrigerate at 4° C as soon as possible after purchase.
- Opened cartons of cream should be refrigerated immediately after use and used up within one week.
- Store cream on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Buy the freshest cream possible and always use by the "best before date." Buy smaller amounts more often rather than storing open, large containers in the refrigerator.
- Cream does not freeze well. Upon thawing, it can separate and lose its creamy texture. If freezing foods such as soups or stews, add the cream after you reheat the thawed food.

Tip!

☑ Half-and-half cream is often used over fresh fruit or in coffee. It can add a light creamy texture to chilled soups or used in place of milk in recipes to add richness.

15% OR 18% TABLE CREAM

Table cream is a blend of cream and milk in a higher proportion of cream than half-and-half cream. 15% or 18% table cream is available in cartons.

Cream naturally separates from, and floats on top of, the milk layer of freshly gathered milk. Cream is separated from milk by machine. The fat content of whole cream ranges from 35 percent to 45 percent. This cream is then processed further into different types of cream by adding milk in different amounts.

All cream sold in Canada is pasteurized. Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness. This cream is also homogenized, which disperses the fat more evenly throughout the milk and keeps it from separating.

In **High Temperature, Short Time (HTST)** pasteurization, milk is heated to at least 72° C for 16 seconds, then cooled to 4° C. In **Ultra High Temperature (UHT)** pasteurization, milk is heated to 138° C for not less than two seconds, then quickly cooled to 2° C. A new process called **micro-filtration** is a patented process that uses a membrane strainer to filter most of the bacteria out of the milk.

Nutrition Facts Per **15 ml**	
Calories 24	%DV*
Fat 2.3g	3%
Saturated 1.4g + **Trans** 0.1g	8%
Carbohydrates 0.6g	
Fibre 0g	0%
Sugars 0g	0%
Protein 0.4g	
Cholesterol 8mg	
Sodium 6mg	0%
Potassium 19mg	0%
Calcium 15mg	1%
Iron 0mg	0%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Refrigerate at 4° C as soon as possible after purchase.
- Opened cartons of cream should be refrigerated immediately after use and used up within one week.
- Store cream on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Buy the freshest cream possible and always use by the "best before date." Buy smaller amounts more often rather than storing open, large containers in the refrigerator.
- Cream does not freeze well. Upon thawing, it can separate and lose its creamy texture. If freezing foods such as soups or stews, add the cream after you reheat the thawed food.

Tip!

☑ Table cream can be drizzled over desserts or fresh fruit, in gently heated sauces and soups and in coffee.

32% OR 36% WHIPPING CREAM

Whipping cream is a thick, pourable cream that is used in cooking and for whipping. It may have stabilizers added to increase its whipping properties. Whipping cream is available in cartons and pre-sweetened in pressurized cans.

Cream naturally separates from, and floats on top of, the milk layer of freshly gathered milk. Cream is separated from milk by machine. The fat content of whole cream ranges from 35 percent to 45 percent. This cream is then processed further into different types of cream by adding milk in different amounts.

All cream sold in Canada is pasteurized. Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness. This cream is also homogenized, which disperses the fat more evenly throughout the milk and keeps it from separating.

In **High Temperature, Short Time (HTST)** pasteurization, milk is heated to at least 72° C for 16 seconds, then cooled to 4° C. In **Ultra High Temperature (UHT)** pasteurization, milk is heated to 138° C for not less than two seconds, then quickly cooled to 2° C. A new process called **micro-filtration** is a patented process that uses a membrane strainer to filter most of the bacteria out of the milk.

Nutrition Facts Per **15 ml**	
Calories 44	%DV*
Fat 4.9g	7%
Saturated 3.0g	16%
+ Trans 0.1g	
Carbohydrates 0.5g	
Fibre 0g	0%
Sugars 0g	0%
Protein 0.3g	
Cholesterol 18mg	
Sodium 5mg	0%
Potassium 15mg	0%
Calcium 10mg	1%
Iron 0mg	0%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Refrigerate at 4° C as soon as possible after purchase.
- Opened cartons of cream should be refrigerated immediately after use and used up within one week.
- Store cream on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Buy the freshest cream possible and always use by the "best before date." Buy smaller amounts more often rather than storing open, large containers in the refrigerator.
- Cream does not freeze well. Upon thawing, it can separate and lose its creamy texture. If freezing foods such as soups or stews, add the cream after you reheat the thawed food.

Tip!

☑ Whipping cream can be added to hot sauces and those that include acidic ingredients such as wine or tomatoes. It can be simmered or boiled without the risk of affecting the smooth texture.

☑ Whipping cream can be whipped at a high speed and vanilla or sugar added. Whipped cream is often used in desserts such as mousses, pies, cakes and frostings, as well as on hot beverages.

CRÈME FRAÎCHE

Crème fraîche is a naturally soured, thickened cream with a slightly tangy, nutty flavour and a rich texture. Crème fraîche ranges from the texture of a thick, spoonable cream to almost solid, like butter. It is available at some grocery stores and specialty food markets.

Cream naturally separates from, and floats on top of the milk layer of freshly gathered milk. Cream is separated from milk by machine. The fat content of whole cream ranges from 35 to 45 percent. This cream is then processed further into different types of cream by adding milk in different amounts. Crème fraîche is made by adding a cultured buttermilk or sour cream to whipping cream.

All cream sold in Canada is pasteurized. Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness.

In **High Temperature, Short Time (HTST)** pasteurization, milk is heated to at least 72° C for 16 seconds, then cooled to 4° C. In **Ultra High Temperature (UHT)** pasteurization, milk is heated to 138° C for not less than two seconds, then quickly cooled to 2° C. A new process called **micro-filtration** is a patented process that uses a membrane strainer to filter most of the bacteria out of the milk.

Nutrition Facts Per **15 ml, 40% M.F.**	
Calories 50	%DV*
Fat 6.0g	8%
Saturated 3.5g	19%
+ Trans 0.2g	
Carbohydrates 0g	
Fibre 0g	0%
Sugars 0g	0%
Protein 0.3g	
Cholesterol 20mg	
Sodium 5mg	0%
Potassium 62mg	1%
Calcium 22mg	2%
Iron 0mg	0%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Refrigerate at 4° C as soon as possible after purchase.
- Opened cartons of cream should be refrigerated immediately after use and used up within one week.
- Store cream on refrigerator shelves, where it is cooler, rather than in refrigerator doors.
- Buy the freshest cream possible and always use by the "best before date." Buy smaller amounts more often rather than storing open, large containers in the refrigerator.
- Cream does not freeze well. Upon thawing, it can separate and lose its creamy texture. If freezing foods such as soups or stews, add the cream after you reheat the thawed food.

Tip!

☑ Crème fraîche can be used in place of sour cream or appetizers and dips or slightly sweetened for desserts.

SOUR CREAM

Sour cream is cultured light cream. It is soured and thickened by adding lactic acid bacteria to pasteurized cream. Sour cream contains from 10 to 18 percent milk fat by weight or can be light or fat-free. Sour cream is made with the same process as buttermilk.

The lactic acid congeals the protein, thickening the cream and adding the sour flavour. Non-fat milk solids and stabilizers may also be added. The milk fat content of sour cream products depends on the milk fat content of the milk or cream from which they are made.

Pasteurization involves heating milk to high temperatures to kill harmful bacteria that can cause illness. In **High Temperature, Short Time (HTST)** pasteurization, milk is heated to at least 72° C for 16 seconds, then cooled to 4° C. In **Ultra High Temperature (UHT)** pasteurization, milk is heated to 138° C for not less than two seconds, then quickly cooled to 2° C.

A new process called **micro-filtration** is a patented process that uses a membrane strainer to filter most of the bacteria out of the milk.

Nutrition Facts Per **30 ml, 14% M.F.**	
Calories 52	%DV*
Fat 4.1g	5%
Saturated 2.5g	13%
+ Trans 0.1g	
Carbohydrates 2.0g	
Fibre 0g	0%
Sugars 0.1g	0%
Protein 2.0g	
Cholesterol 10mg	
Sodium 20mg	1%
Potassium 62mg	1%
Calcium 42mg	3%
Iron 0mg	0%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Refrigerate at 4° C as soon as possible after purchase.
- Buy the freshest sour cream possible and always use by the "best before date."
- Refrigerate it immediately after you buy it, storing it on the colder shelves rather than in the door.
- The "best before date" indicates the maximum date for the unopened product. Once opened, use the sour cream within a week.
- Protect sour cream from other foods with strong odours by sealing it tightly.
- Spoon as much sour cream as you're going to eat into your bowl with a clean spoon. To avoid cross-contamination, which will speed up spoiling, don't return unused portions to the original container.
- Do not freeze sour cream. Freezing will affect the texture and flavour.

Tip!

☑ Sour cream is used in baking, cooking and as a condiment. Sour cream's richness and acidic nature creates a moist and tender texture in baked goods. Sour cream can be a base for dips and dressings, used as topping and added to soups and sauces.

BUTTER

Churned butter is traditional, salted butter made by churning pasteurized cream. Canadian regulations require butter to contain at least 80 percent fat, about 16 percent water and about 3 percent milk solids. It is generally available in 454 gram blocks, 250 gram blocks and 454 gram blocks of four individually wrapped sticks.

Churned butter is available in salted and unsalted versions. A "semi-salted" version has about half the amount of salt of regular salted butter.

Butter is made with fresh milk. Cream is separated from fresh whole milk using centrifugal force. It is then pasteurized by heating it rapidly to a high temperature to eliminate potential disease-causing bacteria and help butter stay fresh longer.

Once pasteurized, the cream is beaten vigorously in a churning cylinder until it thickens naturally into butter. The buttermilk is drained off, and the butter is mixed and blended. Salt is sometimes added at this point.

Nutrition Facts
Per **10 g (1 tbsp) salted**

Calories 72	%DV*
Fat 8.1g	11%
Saturated 5.1g + **Trans** 0.5g	28%
Carbohydrates 0g	
Fibre 0g	0%
Sugars 0g	0%
Protein 0g	
Cholesterol 106mg	
Sodium 64mg	3%
Potassium 2mg	0%
Calcium 2mg	0%
Iron 0mg	0%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Buy the freshest butter possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Keep butter refrigerated in its original wrapper to prevent spoilage from exposure to light and air and protect butter from picking up the flavour of other foods.
- If well wrapped, opened salted and unsalted butter will keep in the fridge for 3 weeks. Butter will keep its fresh taste better if it is wrapped again in extra foil or plastic.
- Maintain the freshness of butter with proper wrapping. Carefully unwrap the foil-laminated paper and cut off as much butter as needed, then re-wrap the remaining butter with the paper. Don't cut through the wrap or tear it off, as this will leave butter exposed.
- Butter freezes well, but should be further protected by over-wrapping it in additional foil or heavy-duty plastic wrap or a freezer bag. Properly wrapped, salted butter will keep in the freezer for up to one year and unsalted will keep for up to 3 months. After this, it may begin to lose the fresh butter flavour and pick up other odours or flavours from the freezer.
- For the freshest flavour, store only as much butter at room temperature in a covered butter dish that will be used within 2 to 3 days. In warm summer months, only take out what is used in one day.

Tip!

☑ Butter is yellow because of the natural pigment carotene. Carotene is also why butter is a source of vitamin A. Carotene comes from the cows' diet, which consists mostly of hay, silage, grains and cereals, which are converted by our body into vitamin A.

GHEE

Ghee is a semi-fluid clarified butter that is sold in jars. Milk solids are removed in the clarifying process so ghee stays semi-firm and fresher at room temperature than whole butter. It is available at large supermarkets and specialty stores.

Clarified butter is butter with its water and milk solids removed. Once clarified, butter can resist higher cooking temperatures, making it better for pan-frying than whole butter. It is also used as a base for various sauces. As it is a clarified butter, ghee is composed primarily of fat.

Butter is made with fresh milk. Cream is separated from fresh whole milk using centrifugal force. It is then pasteurized by heating it rapidly to a high temperature to eliminate potential disease-causing bacteria and help butter stay fresh longer.

Once pasteurized, the cream is beaten vigorously in a churning cylinder until it thickens naturally into butter. The buttermilk is drained off, and the butter is mixed and blended. At this point, salt is sometimes added.

Clarified butter is melted over a low heat and allowed to simmer until most of the water has been evaporated. Ghee uses a longer cooking time so that more moisture is removed and milk solids caramelize. These milk solids are then removed from the ghee.

Nutrition Facts Per **11 g (1 tbsp)**	
Calories 117	%DV*
Fat 13.0g	17%
Saturated 8.0g	42%
+ Trans 0.3g	
Carbohydrates 0g	
Fibre 0g	0%
Sugars 0g	0%
Protein 0g	
Cholesterol 35mg	
Sodium 0mg	0%
Potassium 0mg	0%
Calcium 0mg	0%
Iron 0mg	0%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Ghee has a long shelf life. If it is kept in an airtight container, it needs no refrigeration. If it is stored in an open container, it should be refrigerated at 4° C.
- Ghee can be frozen.
- For the freshest flavour, store only as much ghee at room temperature in a covered container that will be used within 2 to 3 days. In warm summer months, only take out what is used in one day.

Tip!

☑ Ghee is most commonly used in Indian and other Eastern cuisines.

Cheese Product Cards

Find information on the use, storage, handling, and nutritional value of:

- parmesan cheese
- cheddar cheese
- swiss cheese
- gouda cheese
- monterey jack cheese
- mozzarella cheese
- bocconcini cheese
- havarti cheese
- camembert cheese
- brie cheese
- blue cheese
- cream cheese
- feta cheese
- paneer
- cottage cheese

Many consumers are becoming more aware of where their food comes from and are seeking more locally produced foods. In addition to supporting local farmers and potentially preserving their livelihood, buying local foods supports the local economy by employing people in other businesses that support the farming and food industry, helps preserve farmland for future generations and supports the continued provision of high quality foods.

The Dairy Farmers of Canada "Quality Milk" logo can be used to identify 100% Canadian milk and Canadian dairy ingredients in stores.

PARMESAN CHEESE

Cheese is made by adding a culture or **precipitate**, such as an acid or rennet, to milk. The culture or precipitate causes the curds to separate from the whey. There are four basic steps involved in making cheese that include curdling, draining, pressing and ripening.

Parmesan is a hard cheese with a dark, hard dry rind that can be an oily yellow colour. The interior is straw coloured. It is used on both cooked and uncooked dishes.

Parmesan is made with cow's milk. The additional heating of the curd allows for more whey to be removed. As a result, Parmesan has a longer shelf life than many cheeses. Once the curd is set, it is placed in a brine solution after which the outer layer will be harder and ready for ripening.

Parmesan has bread, almond and apple aromas. It has a rich nutty taste and can be quite salty, depending on its age. It has a hard, crisp and granular but tender texture.

Nutrition Facts Per **30 g**	
Calories 118	%DV*
Fat 7.7g	10%
Saturated 4.9g	26%
+ Trans 0.3g	
Carbohydrates 1.0g	
Fibre 0g	0%
Sugars 0.2g	0%
Protein 10.7g	
Cholesterol 20mg	
Sodium 413mg	18%
Potassium 28mg	1%
Calcium 355mg	27%
Iron 0.2mg	1%
*5% or less is **a little**, 15% or more is **a lot**	

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Stored properly, hard cheeses can keep for up to a year.
- Make sure the wrapping adheres well to the cheese to prevent the cheese from drying out.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in a plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

☑ Parmesan cheese can be added to pastas, to roasted zucchini and eggplant, or combined with mozzarella, cheddar or Swiss on pizzas and in au gratin dishes and soups. A young Canadian parmesan, aged between 6 months and a year, is delicious with wedges of melon and pears, olives and smoked ham.

CHEDDAR CHEESE

Cheese is made by adding a culture or **precipitate**, such as an acid or rennet, to milk. The culture or precipitate causes the curds to separate from the whey. There are four basic steps involved in making cheese that include curdling, draining, pressing and ripening.

Cheddar is one of the most popular cheeses in the world. Canadian cheddar cheese is a firm, rindless cheese with a bright and smooth surface and a light yellow or orange colour. It comes in different varieties that are determined by how long it is aged, including mild (3 months), medium (4 to 9 months), old (10 months to 1 year) and extra-old (2 to 7 years).

Cheddar is made with a process that involves cooking and pressing the curds. The curd is dry salted and then put into forms where the curd becomes a solid mass. It is then allowed to age relative to the designation by the cheese maker. **Annatto** is a natural orange coloring used to make orange cheddar.

Canadian cheddar cheese has a butter aroma. It has the taste of hazelnut. Aged cheddars are salty, sweet and fruity. Cheddar has a firm, smooth texture and is slightly elastic when young and crumbly with age.

Nutrition Facts Per **30 g**	
Calories 122	%DV*
Fat 10.1g	13%
Saturated 5.8g	31%
+ Trans 0.4g	
Carbohydrates 0.4g	
Fibre 0g	0%
Sugars 0.1g	0%
Protein 7.2g	
Cholesterol 31mg	
Sodium 193mg	8%
Potassium 23mg	0%
Calcium 203mg	16%
Iron 0mg	0%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Firm cheeses keep very well, from a few weeks to several months. Firm cheeses will continue to ripen and to develop their distinct tastes.
- Store cheeses in the lower shelf of the refrigerator, far from foods with strong odours, to avoid absorption of unwanted tastes and smells.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

☑ Cheddar enhances omelettes, macaroni, sandwiches, soups and casseroles of all kinds. As with most cheeses, it is better to leave it at room temperature for at least 30 to 45 minutes before tasting it.

SWISS CHEESE

Cheese is made by adding a culture or **precipitate**, such as an acid or rennet, to milk. The culture or precipitate causes the curds to separate from the whey. There are four basic steps involved in making cheese that include curdling, draining, pressing and ripening.

Canadian Swiss cheeses include a number of well-known cheeses, from Emmental to Gruyère, in which "eyes" are formed during ripening. Swiss cheese is a firm, rindless cheese with an ivory to light yellow interior.

Swiss cheese is made from cow's milk. An enzyme is added to form a large solid mass of curd. Active draining techniques are used in one or a combination of stretching, kneading, cutting and stirring. Varying degrees of active pressure are applied to the mass of curds. Heating can also be used.

Ripening starts within and occurs throughout the body of the cheese. The culture gives off a gas to produce the "eye." The cheese is also turned on a regular basis to create the circle "eyes."

Canadian Swiss cheese can have a light milk aroma with hazelnut accents. It is a sweet cheese, with a delicate taste of almond. Swiss has a firm and supple texture and is chewy when eaten.

Nutrition Facts Per **30 g**	
Calories 114	%DV*
Fat 8.3g	11%
Saturated 5.3g	28%
+ Trans 0.3g	
Carbohydrates 1.6g	
Fibre 0g	0%
Sugars 0.4g	0%
Protein 8.1g	
Cholesterol 92mg	
Sodium 21mg	1%
Potassium 23mg	0%
Calcium 237mg	18%
Iron 0.1mg	1%
*5% or less is **a little**, 15% or more is **a lot**	

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Firm cheeses keep very well, from a few weeks to several months. Firm cheeses will continue to ripen and to develop their distinct tastes.
- Store cheeses in the lower shelf of the refrigerator, far from foods with strong odours, to avoid absorption of unwanted tastes and smells.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

☑ Swiss cheese is great at breakfast, at snack time, in sandwiches, in pasta dishes, on au gratin potatoes and in fondues. The "eyes" sometimes ooze a bit of the cheese's oils, which is a sure sign of freshness.

GOUDA CHEESE

Cheese is made by adding a culture or **precipitate**, such as an acid or rennet, to milk. The culture or precipitate causes the curds to separate from the whey. There are four basic steps involved in making cheese that include curdling, draining, pressing and ripening.

Gouda cheese is recognized by its paraffin wax packaging. It has a unique flavour of almonds and cream. Gouda is a firm, rindless cheese, covered with a red, yellow or black wax. It is available in plain or flavoured, and aged or smoked varieties.

Gouda is made with cow's milk. Once the curd is separated from the whey, it is washed with water to remove some of the lactic acid and emphasize the sweet milk flavour. It is then pressed in a form to create the Gouda wheel. Cheese makers can use different cultures which allow them to ripen the cheese at varying temperatures.

Gouda has a light milk, butter or nut aroma. It has an almond and cream taste. Aged Gouda has a butterscotch or caramel flavour. Gouda cheese is firm and compact with a slightly elastic texture. Older Gouda has a brittle and firm texture.

Nutrition Facts Per **30 g**	
Calories 107	%DV*
Fat 8.4g	11%
Saturated 5.3g	28%
+ Trans 0.2g	
Carbohydrates 0.7g	
Fibre 0g	0%
Sugars 0.7g	1%
Protein 7.5g	
Cholesterol 34mg	
Sodium 246mg	11%
Potassium 36mg	1%
Calcium 210mg	16%
Iron 0.1mg	1%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Firm cheeses keep very well, from a few weeks to several months. Firm cheeses will continue to ripen and to develop their distinct tastes.
- Store cheeses in the lower shelf of the refrigerator, far from foods with strong odours, to avoid absorption of unwanted tastes and smells.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

☑ Gouda cheese gains body and sharpness with time. Gouda is excellent by itself, with fruit or raw vegetables, in sandwiches, in stuffed pancakes or in au gratin soup. Cheese makers judge the quality of a wheel of Gouda by the sound it makes when struck with the index finger. If it makes the same sound a plank would, then it's perfect!

MONTEREY JACK CHEESE

Cheese is made by adding a culture or **precipitate**, such as an acid or rennet, to milk. The culture or precipitate causes the curds to separate from the whey. There are four basic steps involved in making cheese that include curdling, draining, pressing and ripening.

Created in North America around 1892, Canadian Monterey Jack has also been called Jack, Monterey and California Jack. It is similar in taste and texture to cheddar cheese. Monterey Jack is a semi-soft rindless cheese that is very pale yellow to pale orange in colour. It can be made with whole, partially skimmed or skimmed milk and is available in jalapeno pepper and other flavours.

Monterey Jack is made with cow's milk. Once the curd is separated from the whey, the curd is heated a second time to remove more whey. The cheese is salted, sometimes particulates are added, and then it is pressed in a form. The cheese may be washed with a light brine solution. It is allowed to dry and then packed. The cheese is usually aged one month, but can be aged as long as 6 months.

Monterey Jack has a very light hazelnut aroma. It has a mild, slightly acidulous taste with a light flavour of hazelnut. Monterey Jack cheese has a supple, flexible and soft texture.

Nutrition Facts Per **30 g**	
Calories 112	%DV*
Fat 9.1g	12%
Saturated 5.7g	30%
+ Trans 0.3g	
Carbohydrates 0.2g	
Fibre 0g	0%
Sugars 0.2g	0%
Protein 7.3g	
Cholesterol 27mg	
Sodium 180mg	8%
Potassium 24mg	1%
Calcium 224mg	17%
Iron 0.2mg	1%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Store cheeses in the lower shelf of the refrigerator, far from foods with strong odours, to avoid absorption of unwanted tastes and smells.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

☑ Monterey Jack is a versatile cheese, often used in chili con carne and other Mexican dishes. It can be grated on a salad, melted in an omelette or combined with pasta or rice. It is also great on a cheese tray.

MOZZARELLA CHEESE

Cheese is made by adding a culture or **precipitate**, such as an acid or rennet, to milk. The culture or precipitate causes the curds to separate from the whey There are four basic steps involved in making cheese that include curdling, draining, pressing and ripening.

Mozzarella cheese comes from the verb "mozzare," which means "to cut" in Italian. Mozzarella is a semi-soft rindless cheese with a bright surface and a white to ivory colour. It can be made with whole, partially skimmed or skimmed milk and is available in plain and smoked varieties.

Mozzarella is an unripened cheese that is cooked and stretched using warm whey after the curd is formed. This creates the stringy texture. This is an example of a "pasta filata." Some Mozzarellas are produced by pressing the curd into a plastic bag without the traditional stretching so the cheese will break rather than peel.

Mozzarella has a light milky aroma. It has a delicate taste of milk and butter and is slightly acidulous. Mozzarella has a supple, soft, elastic, fibrous and slightly crunchy texture.

Nutrition Facts Per **30 g**	
Calories 90	%DV*
Fat 6.7g	9%
Saturated 3.9g	21%
+ Trans 0.3g	
Carbohydrates 0.7g	
Fibre 0g	0%
Sugars 0.3g	0%
Protein 6.7g	
Cholesterol 24mg	
Sodium 188mg	8%
Potassium 23mg	0%
Calcium 152mg	12%
Iron 0.1mg	1%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Store cheeses in the lower shelf of the refrigerator, far from foods with strong odours, to avoid absorption of unwanted tastes and smells.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

☑ Mozzarella is widely used and popular for pizza, lasagna, hamburgers and au gratin dishes as well as sandwiches, salads, omelettes and snacks.

BOCCONCINI CHEESE

Cheese is made by adding a culture or **precipitate**, such as an acid or rennet, to milk. The culture or precipitate causes the curds to separate from the whey. There are four basic steps involved in making cheese that include curdling, draining, pressing and ripening.

Bocconcini is a semi-soft, rindless mozzarella cheese that is bright white or pale yellow in colour. It is sold in egg-sized or smaller balls.

Canadian bocconcini is made with cow's milk. Once the milk curd is ready, it is heated with warm whey and then pulled and stretched to alter the structure of the curd. The smooth curd is then cut into varying sizes, usually egg sized. Small marble sizes are also produced.

Bocconcini can have a delicate milk and cream aroma. It can have a very sweet and very light butter taste. Bocconcini has an elastic texture and consistency and is usually sold in a package containing a milky liquid.

Nutrition Facts Per **30 g**	
Calories 78	%DV*
Fat 5.4g	7%
Saturated 3.6g	19%
+ Trans 0.2g	
Carbohydrates 0g	
Fibre 0g	0%
Sugars 0g	0%
Protein 6.6g	
Cholesterol 21mg	
Sodium 0mg	0%
Potassium 23mg	0%
Calcium 220mg	17%
Iron 0mg	0%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Store Canadian Bocconcini in the brine it was sold in, or in lightly salted water.
- Store cheeses in the lower shelf of the refrigerator, far from foods with strong odours, to avoid absorption of unwanted tastes and smells.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

☑ Bocconcini is an Italian name that means "little bites." It is often used on pizzas, in pastas and in salads. It can be combined with tomato slices, fresh basil and a little olive oil for a quick entrée or a light meal. On its own, it makes a good snack or breakfast companion.

HAVARTI CHEESE

Cheese is made by adding a culture or **precipitate**, such as an acid or rennet, to milk. The culture or precipitate causes the curds to separate from the whey. There are four basic steps involved in making cheese that include curdling, draining, pressing and ripening.

Havarti cheese is a semi-soft, rindless cheese, with a smooth and slightly bright surface and cream to yellow colour. It has very small, irregular openings, or "eyes" distributed throughout it. Havarti is available in plain or flavoured with herb varieties.

Havarti is made with cow's milk. Once the curd is separated from the whey, the curds are pressed, cooked, drained and divided. Typically aged about 3 months, Havarti's ripening begins from the interior out to the rind.

Havarti has a butter aroma. It has a buttery, very sweet and slightly acidulous taste. Old Havarti is salty and tastes like hazelnut. Havarti cheese has a supple and flexible texture.

Nutrition Facts Per **30 g**	
Calories 110	%DV*
Fat 9.0g	12%
Saturated 6.0g	32%
+ Trans 0.3g	
Carbohydrates 1.0g	
Fibre 0g	0%
Sugars 0g	0%
Protein 8.0g	
Cholesterol 30mg	
Sodium 210mg	9%
Potassium 40mg	1%
Calcium 220mg	17%
Iron 0mg	0%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Store cheeses in the lower shelf of the refrigerator, far from foods with strong odours, to avoid absorption of unwanted tastes and smells.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

☑ The mild flavour of Canadian Havarti lends itself to numerous uses in the kitchen. It can be added to many dishes, including sandwiches, salads, pasta, rice or vegetables. It is also popular by itself, with raw vegetables or fruit.

CAMEMBERT CHEESE

Cheese is made by adding a culture or **precipitate**, such as an acid or rennet, to milk. The culture or precipitate causes the curds to separate from the whey. There are four basic steps involved in making cheese that include curdling, draining, pressing and ripening.

Canadian Camembert is a firmer and milder soft cheese with a white, velvety rind and a cream to light yellow colour. It comes in many different varieties, including plain, double cream, triple cream and flavoured.

Camembert is made with cow's milk. Like Brie, the soft curd is gently placed in a mould so the whey drains off. It is then placed in a brine solution and transferred to a ripening room. Here, the white mould grows to become a bloomy rind cheese. To create the bloomy profile, Penicillium Candidum is either sprayed on the curd or is part of the curds.

Camembert can have a fresh mushroom aroma with milky accents. It has a cream, butter and fresh mushroom taste. Camembert has a soft, smooth and creamy texture.

Nutrition Facts Per **30 g**	
Calories 90	%DV*
Fat 7.3g	10%
Saturated 4.6g	25%
+ Trans 0.3g	
Carbohydrates 0.1g	
Fibre 0g	0%
Sugars 0.1g	0%
Protein 5.9g	
Cholesterol 22mg	
Sodium 253mg	11%
Potassium 56mg	1%
Calcium 116mg	9%
Iron 0.1mg	1%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Young Camembert cheeses will keep for about a month. If the cheese is ripe and kept under good conditions, it will last for about two weeks. Soft cheeses are best when they emit an aroma of mushrooms and the rind gives when pressed slightly. A very strong smell or an ammonia-like odour is a sign that the cheese is overripe.
- Store cheeses in the lower shelf of the refrigerator, far from foods with strong odours, to avoid absorption of unwanted tastes and smells.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag. It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

☑ Camembert is used in a number of different recipes. It's commonly served at the beginning or end of a meal on bread or crackers or with fruit or nuts. To take advantage of its taste, texture and qualities, leave Camembert at room temperature for 45 minutes to one hour to let the inside become soft.

BRIE CHEESE

Cheese is made by adding a culture or **precipitate**, such as an acid or rennet, to milk. The culture or precipitate causes the curds to separate from the whey. There are four basic steps involved in making cheese that include curdling, draining, pressing and ripening.

Brie is a soft cheese with a white, velvety rind and a cream to light yellow or straw colour. It comes in many different varieties, including plain, double cream, triple cream and flavoured.

Brie is made with cow's milk. The soft curd is gently placed in a mould so the whey drains off. It is then placed in a brine solution and transferred to a ripening room. Here, the white mould grows to become a bloomy rind cheese. To create the bloomy profile, Penicillium Candidum is either sprayed on the curd or is part of the curds.

Brie can have a fresh mushroom and milky aroma. It has a delicate hazelnut, mushroom and butter taste. Brie has a soft, creamy and velvety texture.

Nutrition Facts Per **30 g**	
Calories 100	%DV*
Fat 8.3g	11%
Saturated 5.2g	28%
+ Trans 0.3g	
Carbohydrates 0.1g	
Fibre 0g	0%
Sugars 0.1g	0%
Protein 6.2g	
Cholesterol 30mg	
Sodium 189mg	8%
Potassium 46mg	1%
Calcium 55mg	4%
Iron 0.2mg	1%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Young Brie cheeses will keep for about a month. If the cheese is ripe and kept under good conditions, it will last for about two weeks. Soft cheeses are at their best when they emit an aroma of mushrooms and the rind gives when pressed slightly. A very strong smell or an ammonia-like odour is a sign that the cheese is overripe.
- Store cheeses in the lower shelf of the refrigerator, far from foods with strong odours, to avoid absorption of unwanted tastes and smells.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag. It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

☑ Brie is used in a number of different recipes, including soups. It's commonly served with a crusty bread and fruit or nuts. To take advantage of its taste, texture and qualities, leave Brie at room temperature for 45 minutes to one hour to let the inside become soft.

BLUE CHEESE

Cheese is made by adding a culture or **precipitate**, such as an acid or rennet, to milk. The culture or precipitate causes the curds to separate from the whey. There are four basic steps involved in making cheese that include curdling, draining, pressing and ripening.

Blue cheeses are available in a variety of categories from fresh to semi-soft. Bloomy rind blues have a white rind with delicate blue vein interior. Others have a creamy texture with blue vein visible where the piecing took place. Some have a natural rind from aging while others can have a soft purple blue rind from the mould.

The blue culture can be added to milk before separation or can be injected into the curd mass. The curd is placed in mould and gently pressed to create the wheel. Piercing the curd with stainless steel needles allows oxygen to enter the mass and facilitate the growth of the blue mould. Penicillium Roqueforti or Glaucum are the two main cultures used to create blue cheese. Bloomy rind blues are made in the same way but once the blue is developed, the rind is washed and Penicillium Candidum is sprayed on the surface to create the white mould-bloomy rind.

Blue cheeses can have mushroom, fungal to astringent or pungent aromas. Tastes can include creamy, salty, mushroom and nutty. The texture can vary from creamy to soft and crumbly.

Nutrition Facts Per **30 g**	
Calories 106	%DV*
Fat 8.6g	11%
Saturated 5.6g	30%
+ Trans 0.4g	
Carbohydrates 0.7g	
Fibre 0g	0%
Sugars 0.1g	0%
Protein 6.4g	
Cholesterol 23mg	
Sodium 344mg	15%
Potassium 77mg	2%
Calcium 158mg	12%
Iron 0.1mg	1%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Store cheeses in the lower shelf of the refrigerator, far from foods with strong odours, to avoid absorption of unwanted tastes and smells.
- Use plastic wrap to protect cheese from moisture, odours and mould. Make sure the wrapping adheres well to the cheese to prevent it from drying out.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

☑ Blue cheeses can be served with fruit, especially pears or bread that contains fruit and nuts. Blue cheese can also be used as a garnish in salads, as a dressing, or in a stuffing.

CREAM CHEESE

Cheese is made by adding a culture or **precipitate**, such as an acid or rennet, to milk. The culture or precipitate causes the curds to separate from the whey. There are four basic steps involved in making cheese that include curdling, draining, pressing and ripening.

Cream cheese is a fresh cheese that is soft, creamy and very smooth with a white colour. It has a bright and velvety surface. It comes in different varieties, including plain and flavoured with spices or fruit.

Cream cheese is made with cow's milk. Lactic bacteria is added to pasteurized milk and allowed to ferment. At the right moment, the liquid coagulates to become cream cheese. Cream cheese does not go through the pressing stage. The milk separates and the whey is allowed to drain off the curd, after which the curd is stirred to make it homogenous. Stabilizers can be added to the curd.

Cream cheese has a light, fresh cream aroma. It has a milk and cream taste that is sweet and slightly tangy. It has a supple and flexible texture.

Nutrition Facts Per **30 g**	
Calories 103	%DV*
Fat 10.3g	14%
Saturated 5.8g	30%
+ Trans 0.2g	
Carbohydrates 1.2g	
Fibre 0g	0%
Sugars 1.0g	1%
Protein 1.8g	
Cholesterol 33mg	
Sodium 110mg	5%
Potassium 41mg	1%
Calcium 29mg	2%
Iron 0.1mg	1%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- The shelf life of fresh cheeses is the shortest of all cheese categories. It usually can be kept for no more than two weeks.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

☑ Cream cheese is an excellent spreading cheese, famous for its use on bagels with smoked salmon, but also delicious on everyday toast. It can also be used with raw vegetables and crackers, or olives and capers. It adapts to both salty and sweet seasonings and toppings, including strawberries, blueberries, pineapple, honey, cucumbers, bell peppers, carrots, herbs and citrus zest.

FETA CHEESE

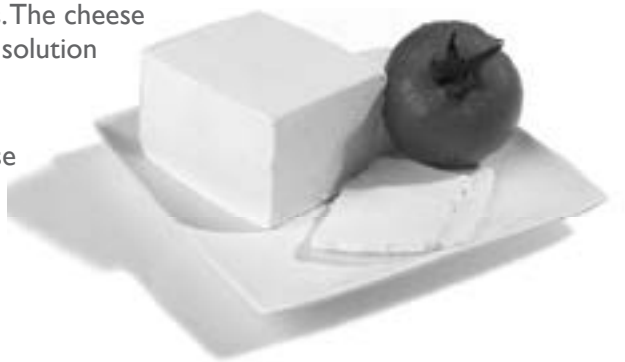
Cheese is made by adding a culture or **precipitate**, such as an acid or rennet, to milk. The culture or precipitate causes the curds to separate from the whey. There are four basic steps involved in making cheese that include curdling, draining, pressing and ripening.

Produced since ancient times, feta is stored in a brine solution. In fact the word "feta" translates as "slice" and comes from the practice of cutting the cheese into slices before immersing it in barrels of salty water.

Feta is a soft cheese with a wet and rough surface and a bright white body colour. It is usually vacuum-packed or in brine. There are different varieties of feta, including natural or mixed with herbs and vegetables such as basil/tomato or oregano/olives. Feta can also be sold in a dry, crumbly state with reduced sodium levels.

Feta can be made with cow's milk. The curdled milk, using either rennet or microbial rennet, is separated and allowed to drain. The curds are cut and salted and then pressed to form a larger mass. The cheese is then allowed to sit in brine solution to cure.

Feta has a salty flavour because of the brine. It has a salty, complex aroma and a mild, crisp and granular texture.



Nutrition Facts Per **30 g**	
Calories 79	%DV*
Fat 6.4g	9%
Saturated 4.5g	24%
+ Trans 0.2g	
Carbohydrates 1.2g	
Fibre 0g	0%
Sugars 1.2g	1%
Protein 4.3g	
Cholesterol 27mg	
Sodium 275mg	12%
Potassium 19mg	0%
Calcium 148mg	11%
Iron 0.2mg	1%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- Feta should be kept for no more than two weeks.
- Store Canadian Feta in the brine it was sold in, or in lightly salted water.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

☑ Feta is sometimes most known as an ingredient in Greek salads. However, it can also be an excellent ingredient in dishes such as a shrimp casserole, with spinach in flaky pastry, in gazpacho, on pizzas, with roasted vegetables, between two slices of focaccia, in a Panini or in an omelette.

PANEER

Cheese is made by adding a culture or **precipitate**, such as an acid or rennet, to milk. The culture or precipitate causes the curds to separate from the whey. There are four basic steps involved in making cheese that include curdling, draining, pressing and ripening.

Paneer is a type of cheese that was first made in the Indian subcontinent. It is a fresh unripened curd cheese that is made by curdling milk with an acid, such as vinegar or lemon juice.

Paneer is made with whole cow's milk. The food acid is added to heated milk to separate the curds from the whey. The curds are drained and the water that remains is pressed out. The paneer is then placed in chilled water for 2 to 3 hours. In some cultural cuisines, the curds are wrapped in cloth and pressed under a heavy weight. In other cultural cuisines, the curds are beaten or kneaded into a dough-like consistency.

Paneer provides an excellent source of protein and fat for vegetarian diets. It has a very mild, fresh flavour.

Nutrition Facts Per **30 g**	
Calories 90	%DV*
Fat 7.0g	9%
Saturated 5.0g	25%
+ Trans 0g	
Carbohydrates 1.0g	
Fibre 0g	0%
Sugars 1.0g	1%
Protein 6.0g	
Cholesterol 25mg	
Sodium 5mg	0%
Potassium 27mg	1%
Calcium 220mg	17%
Iron 0.5mg	3%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- The shelf life of fresh cheeses is the shortest of all cheese categories. It usually can be kept for no more than two weeks.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

☑ Paneer can be cut into cubes for use in curried dishes. It can also be shredded for garnishes for rice dishes, omelettes or other vegetarian dishes.

COTTAGE CHEESE

Cheese is made by adding a culture or **precipitate**, such as an acid or rennet, to milk. The culture or precipitate causes the curds to separate from the whey. There are four basic steps involved in making cheese that include curdling, draining, pressing and ripening.

Cottage cheese can be used in cooked or uncooked dishes. It is a fresh, rindless cheese with a white colour. Cottage cheese is made with grains of different sizes.

Cottage cheese is made with skimmed cow's milk. It can also have added cream. The milk is curdled and then drained. It is usually not pressed. Draining removes most the whey, but not all of it. Some producers wash the curd more to remove excess acidity.

Cottage cheese has a light, fresh, milky aroma. It has the very sweet taste of fresh milk, which can be slightly more acidulous in cottage cheeses with bigger grains. It has a liquid, velvety and granular texture. Pressed cottage cheeses have a dry texture.

Nutrition Facts Per **125 g, 2% M.F.**	
Calories 101	%DV*
Fat 2.8g	4%
Saturated 1.5g	8%
+ Trans 0.1g	
Carbohydrates 6.0g	
Fibre 0g	0%
Sugars 5.0g	5%
Protein 13.1g	
Cholesterol 15mg	
Sodium 385mg	17%
Potassium 156mg	3%
Calcium 139mg	11%
Iron 0.2mg	1%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Buy the freshest cheese possible and always use by the "best before date."
- Refrigerate at 4° C as soon as possible after purchase.
- The shelf life of fresh cheeses is the shortest of all cheese categories. It usually can be kept for no more than two weeks.
- All cheeses can be frozen. However, freezing can affect the texture and character of the cheese. This is why thawed cheeses are best used for cooking. Neither the taste nor the texture of meals cooked with previously frozen cheeses is affected.
- Cheese can be frozen, in pieces of 500 grams or less, for up to 2 months. Cheese should be carefully wrapped in plastic wrap and placed in an airtight freezer bag.
- It is important to allow cheese to thaw slowly in the refrigerator before using.

Tip!

☑ Cottage cheese is a popular choice for breakfasts, on a toast or bagels, plain, slightly sweetened or salted or with fresh fruits or fine herbs. Cottage cheese can be used in dips, salads and cooked or baked dishes, such as lasagna, cannelloni or cake recipes.

Egg Product Cards

Find information on the use, storage, handling, and nutritional value of:

- eggs
- specialty eggs
- processed liquid egg products
- processed dry egg products

Many consumers are becoming more aware of where their food comes from and are seeking more locally produced foods. In addition to supporting local farmers and potentially preserving their livelihood, buying local foods supports the local economy by employing people in other businesses that support the farming and food industry, helps preserve farmland for future generations and supports the continued provision of high quality foods.

Grade A eggs are identifiable by the Canada A symbol on egg cartons. This symbol is the consumer's guarantee of top quality.

The most common are white- and brown-shelled eggs. Identical in nutrient value, the only real difference between the two is the breed of hen they come from. White-shelled eggs are from hens with white feathers, while brown-shelled eggs are from hens with brown feathers.

Nutrition Facts Per **2 large eggs (100 g)**	
Calories 141	%DV*
Fat 10.0g	13%
Saturated 3.0g	16%
+ Trans 0.1g	
Carbohydrates 1.9g	
Fibre 0g	0%
Sugars 0.8g	1%
Protein 11.8g	
Cholesterol 366mg	
Sodium 125mg	5%
Potassium 114mg	2%
Calcium 45mg	3%
Iron 1.4mg	8%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Eggs must always be refrigerated at 4° C or lower.
- When stored at room temperature, they lose more quality in one day than in a week in the refrigerator.
- Store eggs in the carton they come in so they are not exposed to odours.
- Eggs should be used within a week but can be refrigerated up to a month if the shells are intact.
- Leftover yolks can be covered with cold water and kept in the refrigerator, tightly covered, for up to 3 days. They can also be frozen if salt, sugar or corn syrup are added.
- Fresh egg whites can be refrigerated up to 4 days and frozen up to 6 months.
- Hard cooked eggs can be refrigerated for up to a week.

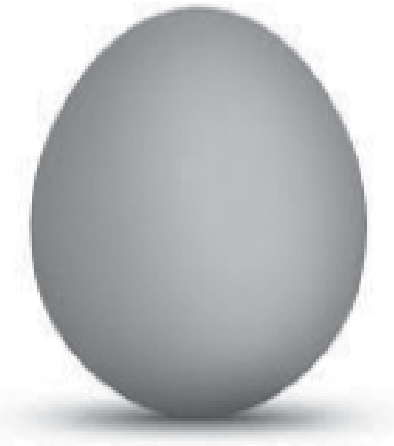
RECOMMENDED STORAGE TIME FOR EGGS	
Fresh shell eggs	By "best before date"
Leftover yolks or whites	Within 2 to 4 days
Hard-cooked eggs	Within 1 week
Prepared egg dishes	Within 3 to 4 days
Frozen whole eggs (blended)	Within 4 months

Organic eggs are produced with feed ingredients grown without pesticides, herbicides and commercial fertilizer. The nutrient content of these eggs is **no** different than the nutrient content of conventional eggs. Organic eggs, like conventional eggs, contain no antibiotics or hormones. Look for a "certified organic" mark plus the name or number of the certifying body on the label to ensure eggs are organic.

Omega-3 eggs are created by including 10 to 20 percent of flax in the hen's diet, which in turn gives these eggs a higher omega-3 fatty acid content than conventional eggs.

Free-range eggs and **free-run eggs** are those from hens that can roam freely in a barn and have access to nest boxes and perches. Free-range hens may also have access to an outdoor run. Aviary systems are a type of free-run facility where nest boxes and perches are tiered. The nutrient content of these eggs is no different than the nutrient content of eggs of hens raised in conventional cage housing systems.

Furnished eggs are those from hens that are raised in "enriched" or "colony" cage housing systems. These housing systems provide more floor space and height for hens to move around, while providing a variety of enrichments within the cage. This allows hens to express an increased variety of natural behaviours. Enrichments include nest boxes, perches, scratch pads and dust baths.



Nutrition Facts Per **2 large, omega-3 enriched eggs (106 g)**	
Calories 140	%DV*
Fat 10.0g	13%
Saturated 3.0g	15%
+ Trans 0g	
Carbohydrates 2.0g	
Fibre 0g	0%
Sugars 0g	0%
Protein 12.0g	
Cholesterol 390mg	
Sodium 130mg	6%
Potassium 114mg	2%
Calcium 22mg	2%
Iron 0.9mg	6%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Eggs must always be refrigerated at 4° C or lower.
- When stored at room temperature, they lose more quality in one day than in a week in the refrigerator.
- Store eggs in the carton they come in so they are not exposed to odours.
- Eggs should be used within a week but can be refrigerated up to a month if the shells are intact.
- Leftover yolks can be covered with cold water and kept in the refrigerator, tightly covered, for up to 3 days. They can also be frozen if salt, sugar or corn syrup are added.
- Fresh egg whites can be refrigerated up to 4 days and frozen up to 6 months.
- Hard cooked eggs can be refrigerated for up to a week.

RECOMMENDED STORAGE TIME FOR EGGS	
Fresh shell eggs	By "best before date"
Leftover yolks or whites	Within 2 to 4 days
Hard-cooked eggs	Within 1 week
Prepared egg dishes	Within 3 to 4 days
Frozen whole eggs (blended)	Within 4 months

PROCESSED LIQUID EGG PRODUCTS

Processed egg products usually refer to eggs that are not in their shell. Eggs are broken by special egg breaking machines, then pasteurized and packaged in liquid, frozen or dried form. They often have added ingredients, which can include preservatives, flavour and colour.

Liquid egg products contain pasteurized egg whites, a small amount of pasteurized yolk and other ingredients. Omega-3 fatty acids, in the form of fish oils, may be added. Liquid egg products can also be called **egg substitutes**.

- 50 ml (4 tbsp) is equivalent to 1 large egg
- One carton (250 ml) is equivalent to 5 large eggs

Liquid albumen is pasteurized egg white. It contains no fat or cholesterol, or any of the essential nutrients found in the yolk.

- 30 ml (2 tbsp) is equivalent to 1 large egg white
- 50 ml (4 tbsp) is equivalent to 1 large egg
- One carton (250 ml) is equivalent to 8 large egg whites

Low fat, yolk-replaced egg product contains egg whites and other ingredients and is usually frozen.

- 50 ml (4 tbsp) is equivalent to 1 large egg
- One carton (227 ml) is equivalent to 4 ½ large eggs

Nutrition Facts Per **100 g liquid egg white**	
Calories 48	%DV*
Fat 0g	0%
Saturated 0g	0%
+ Trans 0g	
Carbohydrates 1.2g	
Fibre 0g	0%
Sugars 0.7g	1%
Protein 10.0g	
Cholesterol 0mg	
Sodium 166mg	7%
Potassium 120mg	3%
Calcium 8mg	1%
Iron 0.1mg	1%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- Liquid whole egg and yolk must be maintained below 4.4° C and egg white below 7.2° C. They should be used as soon as soon as they are taken out of the refrigerator. They can be stored, unopened, for 2 to 6 days.
- Refrigerated liquid egg products with extended shelf life should be stored according to the processor's recommendations.
- When thawed, frozen whole egg becomes quite fluid and easy to handle. However, frozen raw yolk has a gelatin-like consistency. If yolk is blended with sugar, corn syrup or salt before it is frozen, the yolk will become fluid when thawed.
- Frozen egg products have a long shelf life when kept frozen at less than -12.2° C. Only as much as needed should be thawed in an unopened container in the refrigerator. The thawed product should be used as soon as possible after thawing.

Tip!

☑ Did you know that liquid processed egg products must contain lecithin before they can be used as a thickener?

PROCESSED DRY EGG PRODUCTS

Processed egg products usually refer to eggs that are not in their shell. Eggs are broken by special egg breaking machines, then pasteurized and packaged in liquid, frozen or dried form. They often have added ingredients, which can include preservatives, flavour and colour.

Dried whole eggs provide a convenient product for hikers or backpackers who wish to cook eggs without worrying about refrigeration or breakage. The eggs can be reconstituted with water to make dishes such as pancakes or scrambled eggs.

Dried albumen and **meringue powder** are sometimes used in baking. Dried egg whites contain only egg whites and can be reconstituted for use in recipes that call for egg whites.

Meringue powder contains egg whites and other ingredients, including cornstarch and sugar, and can be reconstituted for use in icing or meringue recipes.

Nutrition Facts Per **30 ml dry whole, sifted**	
Calories 66	%DV*
Fat 4.6g	6%
Saturated 1.5g	8%
+ Trans 0g	
Carbohydrates 0.2g	
Fibre 0g	0%
Sugars 0g	0%
Protein 5.2g	
Cholesterol 176mg	
Sodium 52mg	2%
Potassium 58mg	1%
Calcium 26mg	2%
Iron 0.5mg	3%

*5% or less is **a little**, 15% or more is **a lot**

Storage & handling

- In many dried egg products, glucose is removed before the egg white is dried. This produces dried egg white products with excellent storage stability.
- As long as they are kept dry, egg white solids are stable during storage even at room temperature. Spray-dried egg white with glucose removed has an almost infinite shelf life.
- Whipping aids may be added to produce dried egg white products for good whipping properties.

Tip!

☑ Did you know that liquid processed egg products must contain lecithin before they can be used as a thickener? Powdered egg substitutes can be better for baking than liquid products.

Nutrition Facts Per	
Calories	%DV*
Fat	%
Saturated	%
+ Trans	
Carbohydrates	
Fibre	%
Sugars	%
Protein	
Cholesterol	
Sodium	%
Potassium	%
Calcium	%
Iron	%
*5% or less is **a little**, 15% or more is **a lot**	

Storage & handling

Tips!

☑

☑

☑