

Why is most milk homogenized, pasteurized and fortified?

Written by Admin

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Almost all milk is pasteurized, homogenized and fortified. Pasteurized milk has been treated with heat to kill any germs. Homogenized milks are mixed so the cream and water don't separate. Milk is fortified with vitamin D (and vitamin A for lowfat and skim milk) to make it even more healthful. Everyone needs these vitamins, and since almost everyone drinks milk, its a great way for people to get them.