

Florida's Dairy Industry

Florida is the leading dairy state in the Southeast. More than two billion pounds of milk is produced annually with sales exceeding \$430 million.

There are 175 dairy farms in Florida and a herd of 138,000 cows. The Florida Dairy industry employs nearly 4,000 people. Each Florida dairy cow produces more than 2000 pounds of milk yearly.

Dairy farmers recycle about 170,000 tons of by-products, such as citrus pulp and whole cottonseed. These are consumed by cows instead of ending up in the landfills.



What is Extension?

Extension is a partnership between state, federal, and county governments to provide scientific knowledge and expertise to the public. The [University of Florida](#) (UF), together with [Florida A&M University](#) (FAMU), administers the Florida Cooperative Extension Service.

Our Mission

The University of Florida's Institute of Food and Agricultural Sciences (UF/IFAS) is a federal, state, and county partnership dedicated to developing knowledge in agriculture, human and natural resources, and the life sciences and to making that knowledge accessible to sustain and enhance the quality of human life.

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De Land, Florida, 32724
July 9, 2009

UNIVERSITY OF FLORIDA
VOLUSIA COUNTY EXTENSION

Dairy Days of Summer



Kathleen M. Bryant

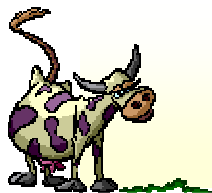
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Dairy Products

Since the beginning of civilizations dairy animals have provided humans with a nutritional product called milk. As time passed, fluid milk began to take on new forms called dairy products.

Fluid milk is used in many ways. It is either processed for fluid milk consumption or turned into products such as sour cream, ice cream, yogurt, frozen yogurt and cottage cheese.

Consumers today have many choices available to meet their daily requirements of dairy products. Some products are processed using strictly physical changes; others employ chemical and/or biological processes to produce consumer goods.



Processed Dairy Products

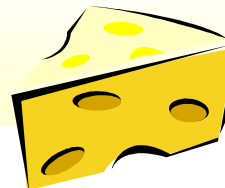
Fluid milk is made into a huge array of dairy products. Many of these products use chemical changes and biological processes to produce dairy products familiar to most consumers.

It takes 10 pounds of whole milk to make one pound of cheese, 12 pounds of whole milk to make one pound of ice cream, 6 pounds of skim milk to make one pound of cottage cheese, 7.4 pounds of whole milk to make one pound of powdered milk, and 21.2 pounds of whole milk to make one pound of butter.

In Florida, most of the milk produced is used for fluid consumption. Some processing plants in Florida take local milk that is delivered to them and turn it into products such as sour cream, ice cream, yogurt, frozen yogurt, and cottage cheese. Hard cheese is a product that is not made in Florida.

Cultured Dairy Products

Cheeses, yogurt, sour cream, and cultured buttermilk are examples of cultured dairy products. Bacteria and/or mold are added to milk to produce the unique flavors and textures of these products. The activity of these microorganisms is anaerobic (without oxygen). Rennin or its biotechnologically produced equivalent chymosis, is used in the production of cheese, to coagulate the milk into curds.



Composition of Milk

Milk consists of:

- Water—87.1%
- Lactose—5.0%
- Butterfat—3.9%
- Protein—3.3%
- Vitamins & minerals—.7%

An 8 oz glass of milk provides the following percentages of the recommended daily allowance of:

- 17% protein
- 29% calcium
- 23% phosphorus
- 23% riboflavin
- 25% vitamin D
- 15% vitamin B-12

Milk, cheese, and yogurt are nutrient-packed foods.

- They provide high-quality protein which help build muscles.
- Calcium, riboflavin, and phosphorus necessary for strong bones and teeth.
- Fortified milk provides vitamins A and D.

