

6.1: Introduction to Dairy Products

Milk and milk products are some of our oldest and best-known natural foods. In baking, milk is used fresh, condensed, powdered, skimmed, or whole. The great bulk, weight, and perishability of fresh milk plus the expense of refrigeration makes it a relatively high-cost ingredient, and for this reason, most modern bakeries use non-fat powdered milk or buttermilk powder.

Over the past 20 years, there has been a trend to lower fat content in dairy products. This reflects the high caloric value of milk fat, and also is compatible with the trend to leaner, healthier nutrition. These “low-fat” products often have the fat replaced with sugars, so care must be taken in substituting these ingredients

in a recipe. For bakers, this trend has not meant any great changes in formulas: a 35% milk fat or a 15% cream cheese product usually works equally well in a cheesecake. Some pastry chefs find lowering the richness in pastries and plated desserts can make them more enjoyable, especially after a large meal.

Table 1 provides the nutritional properties of milk products.

Table 1 Nutritional properties of milk products (per 100 g)

	Whole Milk (3.5% milk fat)	Skim Milk (0.1% milk fat)	Coffee Cream (18% milk fat)	Heavy or Whipping Cream (36% milk fat)
Protein	3.22 g	3.37 g	3g	2g
Fat	3.25 g	0.08 g	19 g	37 g
Cholesterol	10 mg	2 mg	66 mg	137 mg
Potassium	143 mg	156 mg	122 mg	75 mg
Calcium	113 mg	125 mg	96 mg	65 mg
Magnesium	10 mg	11 mg	9 mg	7 mg
Sodium	40 mg	42 mg	40 mg	40 mg
Vitamin A (IU)	102 IU	204 IU	656 IU	1470 IU

Note: Besides the elements shown in Table 1, all dairy products contain vitamin B-complex. IU = International Units, a term used in nutritional measurement

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