

DID YOU KNOW THAT...

SAFE
QUALITY
MILK
for every
FILIPINO

In the Philippines, a cow can produce 8-15 liters of milk per day.

In order for a cow to produce milk, it needs to:

- drink 60-70 liters of water.
- eat grasses, hay (etc.) as much as they want.
- be fed 1 kilo of concentrates for every 2-3 liters of milk produced.

Colostrum is the first milk of a cow after giving birth. It is rich in antibodies.

Just like people, a cow is pregnant for nine months.

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Casein and whey are the two main types of protein found in milk. Both are considered high-quality proteins.

Cows that eat mostly grass produce milk that has more conjugated linoleic acid and omega-3 fatty acids.*

Grass-fed cow's milk has more antioxidants such as vitamin E and beta-carotene.**

Milk provides potassium, B12, calcium and vitamin D. It is also a good source of vitamin A, magnesium, zinc and thiamine (B1).***

source: healthline.com

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"Milk drinking started around 7,500 years ago in Central Europe." source: sciencedaily.com

The Dairy Training and Research Institute (DTRI) started on November 1, 1962. It was built upon the University of the Philippines College of Agriculture's Dairy Husbandry Division. source: The DTRI Story

The first milk processing plant in the Philippines was inaugurated on December 3, 1957. It was the first plant in the Far East.* It processed milk from a blend of imported skim milk emulsified with locally produced coconut oil. source: The American Chamber of Commerce of the Philippines, December 1957, Volume XXXVII, No. 12

During the 15th century, "raw milk was collected from dairy animals and sold without pasteurization." Soft cheese from carabao's milk was a popular treat among Filipinos and Spaniards. source: National Dairy Authority

BUY LOCALLY-PRODUCED MILK!

- ✓ Guaranteed farm-fresh milk.
- ✓ Relatively safer than imported milk.
- ✓ Best for your country because you help Filipino dairy farmers provide for their family.



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College of Agriculture and Food Science
University of the Philippines Los Baños

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*Conjugated linoleic acid and omega-3 fatty acids are linked to reduced risk of diabetes and heart disease.

**Vitamin E and beta-carotene help reduce inflammation and fight oxidative stress.

***Potassium, B12, calcium, vitamin D, vitamin A, magnesium, zinc and thiamine (B1) are nutrients that are often lacking in our food.



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Lecheros (old time milk vendors in the Philippines. photo source: google.com)

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*The Far East consisted of: China, Hong Kong, Macau, Japan, North Korea, South Korea, Mongolia, Siberia, Taiwan, Brunei, Cambodia, East Timor, Malaysia, Laos, Indonesia, Myanmar, Singapore, Philippines, Thailand, and Vietnam. source: worldatlas.com



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