

unbottled®

# Pasteurization

# 101



**MILK**  
**PASTEURIZED**

No matter what kind of milk you buy at the grocery store, you're sure to find the word "pasteurized" printed somewhere on the label. And that's a good thing, because pasteurization is vital for keeping your milk safe and fresh.

But just as there are lots of different kinds of milk, there are many different types of pasteurization, too. We want to show you what these different pasteurization options are all about, and how they might impact the choice of milk that you put in your shopping cart. But first...

# A brief history of pasteurization— and why it's so important for milk

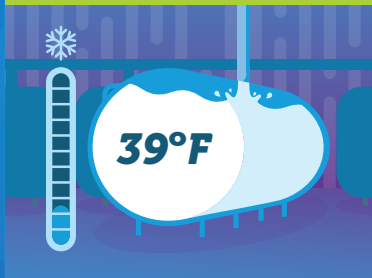
**Pasteurization** is a process that uses heat to remove any potentially harmful bacteria from milk. Here's how it works, in 6 simple steps:

## Step 1



Milk the cow

## Step 2



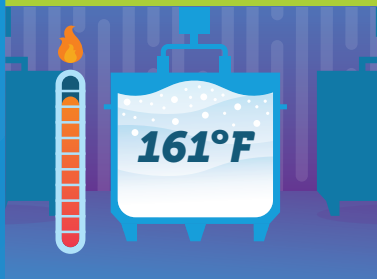
Cool the milk to 39°F

## Step 3



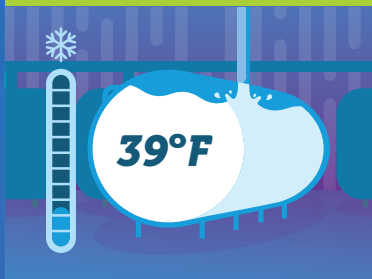
Send the milk to the  
milk processing plant

## Step 4



Heat it to a temperature  
of 161°F for standard  
pasteurization

## Step 5



Cool the milk back down  
to 39°F

## Step 6

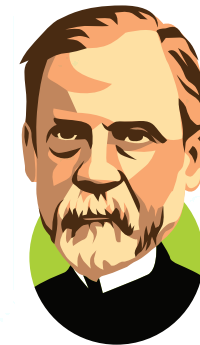


Bottle up this safe, fresh  
and wholesome milk so  
it can be delivered to a  
store near you



## DAIRY HALL OF FAME

Pasteurization was invented in 1862 by the French scientist Louis Pasteur. So you see? All you need to do is invent something that changes the way we process and enjoy food, and you could have an “ization” added to your name!



For more on milk and  
pasteurization, visit  
[unbottled.com/questions](http://unbottled.com/questions)

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# Bacteria, NO— nutrients, YES

The great thing about pasteurization is that it gets rid of harmful bacteria, without removing any of the nutrients you'd find in raw milk. That means all the calcium, riboflavin, niacin, protein and phosphorus, as well as vitamins A, B12 and D, are still there in every delicious glass of milk you enjoy.



## Types of pasteurization

There are actually more than a dozen different types of pasteurization, each one varying depending on how much the milk is heated, and how quickly it's cooled. We're highlighting just four of the most common ones here. Check below to see how these differences affect the shelf life of the milk you buy at the store.

### Standard Pasteurized milk



 Keep it in your refrigerator

Stays fresh for...

12-21 DAYS

### Extended Shelf-Life milk



 Keep it in your refrigerator

1-3 MONTHS

### Ultra- Pasteurized milk



 Keep it in your refrigerator


3 MONTHS

### Ultra-High Temperature (UHT) milk



 Store it on the shelf



 Refrigerate after opening

6-9 MONTHS

7-10 DAYS

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## So just what is UHT milk?



UHT stands for **“Ultra-High Temperature”**—and as the name suggests, this milk is pasteurized at an ultra-high temperature of 280°F, so that it becomes what we call “shelf stable”. That means you can store it on your shelf and it’ll stay fresh for 6 to 9 months, as long as the container isn’t opened. This makes UHT milk the ideal choice for when you go camping, or hiking—or pretty much anywhere you can’t keep milk in the fridge!

## A milk for every taste



You’ve probably noticed this at your local grocery store: there so many different kinds of milk on the market today—like **Ultrafiltered milk**, which filters out some milk’s natural sugars while retaining the same nutrients as regular milk. But whether the milk you buy is Ultrafiltered, Ultra-High-Temperature, or just Standard Pasteurized, you can be sure you’re getting the same nutrient-rich dairy goodness in every glass. So drink up!



### IT’S TASTE-TEST TIME

Some people think UHT milk has a slightly “toasty” taste, when compared to regular pasteurized milk. What do you think? Grab a glass of each and a blindfold, and see if you can tell the difference!

