

what are dairy products list

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Dairy - Wikipedia

A dairy farm produces milk and a dairy factory processes it into a variety of dairy products. These establishments constitute the global dairy industry, part of the food industry.

Dairy product - Wikipedia

Dairy products or milk products are food products made from (or containing) milk. [1][a] The most common dairy animals are cow, water buffalo, goat, and sheep.

Dairy Queen® Full Menu - Burgers, Blizzard Treats, Cakes & More!

Browse our full menu to discover our mouth watering hot food, delicious treats, and cakes for any occasion.

MyPlate.gov | Dairy Group - One of the Five Food Groups

The Dairy Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt. The Dairy Group does not include foods made from milk that have little calcium and a high fat content.

Dairy product | Types, Properties, Nutritional Value, & Benefits ...

Dairy products are foods made from milk. This includes milk itself, butter, cheese, ice cream, yogurt, and condensed milk.

27 Types of Dairy Products and Their Nutrition Facts

Dairy isn't just butter, cheese, milk, and yogurt. Here are 27 types of dairy products alongside their nutritional properties.

Dairy Products & Dairy Foods | U.S. Dairy

Dairy refers to the category of foods and beverages derived from the milk of mammals, most commonly cows, but also including goats and sheep. It encompasses both the raw milk itself and the wide range of products made from it.

Dairy • The Nutrition Source

Both full-fat and non/low-fat dairy foods can be good sources of protein, calcium, B vitamins, and vitamin D. Dairy foods that undergo fermentation, such as yogurt and some cheeses, are lower in lactose and contain healthful gut bacteria that may benefit digestive health.

DAIRY Definition & Meaning - Merriam-Webster

The meaning of DAIRY is a room, building, or establishment where milk is kept and butter or cheese is made. How to use dairy in a sentence.

Is Milk Healthy? The Truth About Dairy's Benefits and Risks

Wondering if milk is good or bad for your health? Discover the science-backed pros and cons of milk, from bone strength to heart health and dairy alternatives.