

# MILK, 1% LOW-FAT ULTRA HIGH TEMPERATURE (UHT)

for use in the USDA Household  
Commodity Food Distribution Programs

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## Product Description

This shelf stable milk is fresh milk which requires no refrigeration until the container has been opened. It has been processed using a method called UHT (Ultra High Temperature) which destroys bacteria, while preserving the flavor, taste, and nutritional value of the milk.

## Pack/Yield

Shelf stable milk is packed in 1 quart (32 oz) aseptically sealed, brick-style cartons (like juice boxes). One quart yields four (4) 1-cup servings.

## Storage

- Unopened shelf stable milk can be stored without refrigeration for about six months off the floor in a cool, dry place.
- Once the container has been opened, it should be refrigerated like regular milk. Keep milk tightly sealed in its original container and consume within 5 to 7 days.

## Uses and Tips

Shelf stable milk can be used in cooking and as a baking ingredient like regular milk, but it is often enjoyed as a beverage or over cereal.



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## Nutrition Information

- 1 cup of 1% low-fat milk counts as 1 cup towards your daily recommended intake from the **MILK GROUP**.
- Foods in the milk group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein.
- Consuming milk and milk products provides health benefits—people who have a diet rich in milk and milk products may reduce the risk of osteoporosis.

<b>Nutrition Facts</b>	
Serving size 1 cup (240mL)	
<b>Amount Per Serving</b>	
<b>Calories</b> 100	<b>Fat Cal</b> 20
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
<b>Cholesterol</b> 10mg	<b>4%</b>
<b>Sodium</b> 130mg	<b>5%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugar 12g	
<b>Protein</b> 8g	<b>9%</b>
Vitamin A 10%	Vitamin C 2%
Calcium 30%	Iron 0%
Vitamin D 25%	
*Percent Daily Values are based on a 2,000 calorie diet.	

*(See recipes on reverse side)*

## Family Style Mac N' Cheese

7 oz pkg. elbow macaroni, cooked, drained  
 2 large eggs, beaten  
 2 cups 1% low-fat UHT milk  
 2 cups shredded reduced-fat sharp cheddar cheese  
 (reserve 1/2 cup)\*  
 1 cup (4 oz) pasteurized process cheese spread,  
 shredded or cubed  
 1/8 teaspoon dry mustard  
 1/8 teaspoon cayenne pepper

*Recipe provided by Got Milk? and has been modified.*

\*recipe analysis based on 2% reduced fat shredded sharp cheddar cheese.

1. Pre-heat oven to 350°F.
2. In 2-quart saucepan, combine milk and pasteurized process cheese spread; cook over medium-low heat, stirring frequently until cheese spread is melted.
3. Blend 1½ cups shredded cheddar cheese and seasoning; mixing until cheese is melted. Remove from heat. Cool 5 minutes.
4. In lightly greased 2-quart baking dish, combine macaroni and eggs, mixing well.
5. Add milk and cheese mixture until well blended. Top with remaining cheese. Bake 34-40 minutes or until lightly browned.

**Makes 8 servings**

### Nutrition Information for Family Style Mac N' Cheese:

Calories	227	Cholesterol	90 mg	Sugar	3.5 g	Calcium	370 mg
Calories from Fat	117	Sodium	380mg	Protein	15 g	Iron	0.6 mg
Total Fat	13 g	Total Carbohydrate	12 g	Vitamin A	178 RAE		
Saturated Fat	7.5 g	Dietary Fiber	0 g	Vitamin C	0 mg		

## Quick Berry Smoothie

4½ cups ice cubes  
 2 cups 1% low-fat UHT milk  
 1/3 cup white sugar  
 2 cups frozen mixed berries  
 1 teaspoon vanilla extract

*Recipe provided by Allrecipes.com and has been modified.*

1. Fill the blender 3/4 full of ice cubes.
2. Pour in the milk, sugar, berries, and vanilla.
3. Blend until smooth.

**Makes 6 servings**

### Nutrition Information for Quick Berry Smoothie:

Calories	157	Cholesterol	4 mg	Sugar	33 g	Calcium	107 mg
Calories from Fat	9	Sodium	42 mg	Protein	4 g	Iron	0.3 mg
Total Fat	1 g	Total Carbohydrate	34 g	Vitamin A	60 RAE		
Saturated Fat	0.5 g	Dietary Fiber	1.6 g	Vitamin C	63 mg		

**These recipes, presented to you by USDA, have not been tested or standardized.**

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