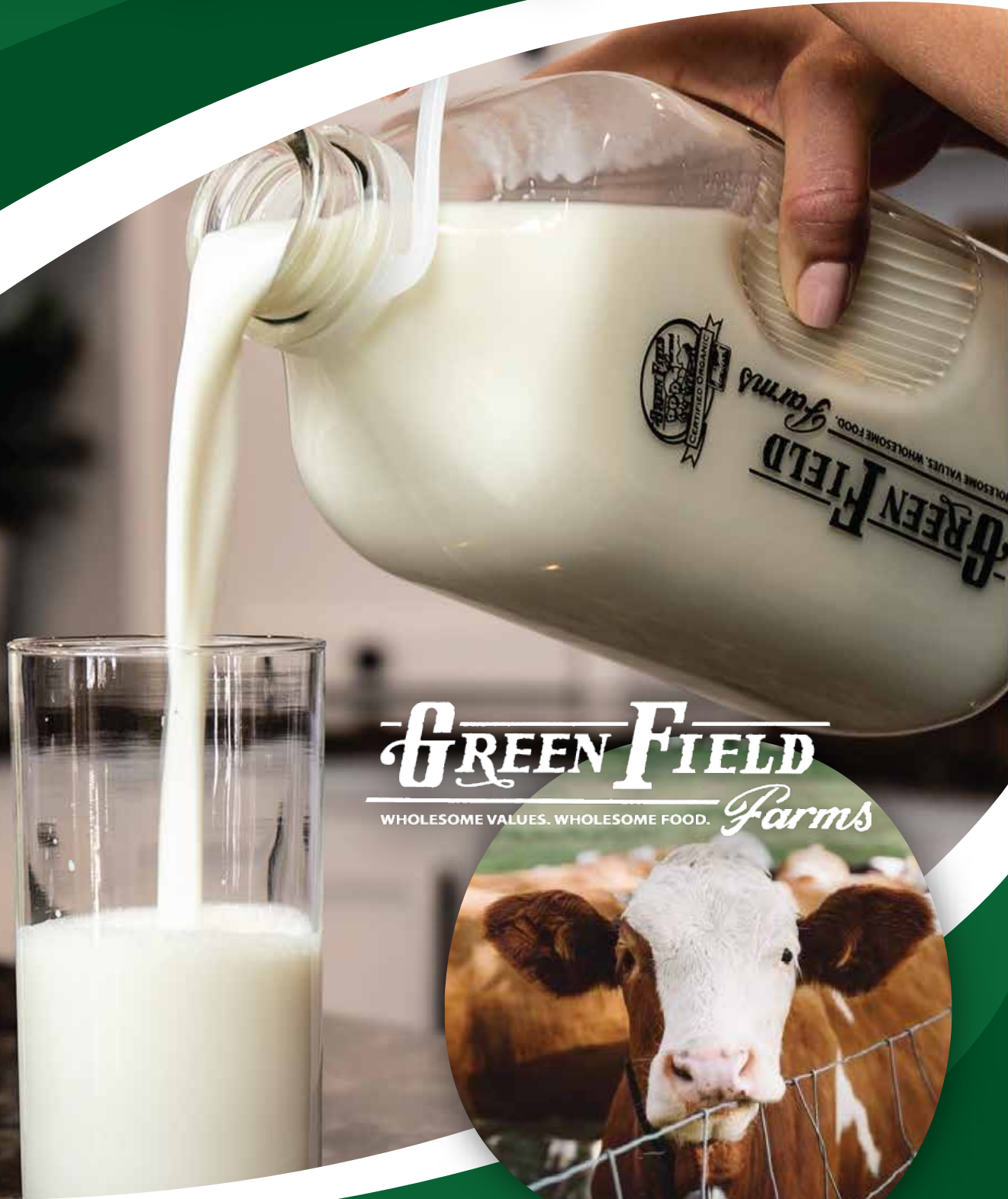


Benefits Of Low-Temp Vat Pasteurization And Non-Homogenized Milk



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The debate over pasteurization and homogenization has been heating up over the last few decades, as raw milk enthusiasts have warring with the FDA over the benefits of raw and non-homogenized milk. But while high-temp pasteurization definitely kills off many of the beneficial nutrients of milk, there is a middle ground that keeps the good and gets rid of the bad: low-temp vat pasteurization. We'll go over all the unique benefits of low-temp pasteurization and non-homogenized milk to help you decide.

What Is Pasteurization?

Pasteurization is the process of heating a product to a high enough temperature so as to eradicate any harmful bacteria that might live inside it. Pasteurization is usually done on milk in order to kill off certain germs and diseases that in the past were responsible for spreading illness through the consumption of raw milk.

There are a few different methods of pasteurization. Ultra-high temp pasteurization heats the milk to 280 degrees Fahrenheit for 2 seconds, while high-temp pasteurization heats the milk to anywhere between 161 degrees Fahrenheit and 212 degrees Fahrenheit. Both processes result in significant protein denaturation and kill off most of the natural enzymes and good bacteria of raw milk.

Low-temp vat pasteurized milk (also known as vat pasteurization), on the other hand, only heats the milk to 145 degrees Fahrenheit for 30 minutes. This allows it to retain most of the nutrients and beneficial enzymes of raw milk while still killing off any potentially harmful bacteria.

Benefits Of Low-Temp Vat Pasteurized Milk

It's Easier To Digest

You may have heard the myth that pasteurized milk causes fewer digestive issues than raw or low-temp pasteurized milk. However, the reality is that pasteurization denatures the proteins of the milk and destroys its enzymes, making the digestion process that much harder. This means that when you

drink a glass of pasteurized milk, your pancreas has to supply the necessary digestive enzymes that pasteurization has destroyed. With low-temp vat pasteurized milk, you keep the enzymes intact and give your stomach a break.

It Retains More Nutrients

The biggest benefit of low-temp pasteurized milk is that it keeps intact most of the vitamins and minerals that make milk such a wonderful and nutritious food. A glass of raw milk contains vital nutrients such as copper, iron, and Vitamins A, B, & C. When you put the milk through low-temp vat pasteurization, you do lose a few of the probiotics of the raw milk, but you retain most of the nutrients and beneficial enzymes.

High-temp pasteurization, on the other hand, significantly denatures the protein in the milk, killing off the natural enzymes and healthy bacteria and severely reducing its nutritional content. If you're drinking milk for its nutritional properties, low-temp pasteurization is the way to go.

It Has Health Benefits

Low-temp pasteurized milk contains significant health benefits beyond just giving you an extra dose of protein and calcium. Raw and low-temp pasteurized milk contains butyric acid, which has been shown to regulate insulin sensitivity. It also has higher levels of conjugated linoleic acid, a powerful component in managing your weight and blood sugar levels. Lastly, it's been shown to potentially aid in the eradication of *H. pylori*, a harmful bacteria that can lead to gastric cancer.

It's Tastier

As if the nutritional benefits of low-temp pasteurized milk weren't enough, it's also just plain tastier. The good bacteria in raw milk is called indigenous milk microflora, and it's what gives milk its signature delicious taste. When you pasteurize milk at high temperatures, you kill off all the good bacteria and render it tasteless and flat. By using low-temp pasteurization, you keep some of that good bacteria alive, giving you a glass of rich, flavorful milk.

What Is Homogenization?

Homogenization is a form of processing milk that involves passing the milk through small tubes in order to break down the fat molecules into smaller sizes. Because milk is a mixture of water and oil, the cream usually rises to the top. When milk is homogenized, the cream doesn't separate from the water. Homogenization is often paired with pasteurization, as the pasteurization process can cause the white cells of the milk to collect on the bottom of the

heating vats. When you homogenize the milk, you mix everything back together.

While homogenization may give you a drink with better consistency, it also negatively affects the drink in several ways. By skipping the homogenization process and drinking non-homogenized milk, you can take advantage of a few key benefits.

Benefits Of Non-Homogenized Milk

It Has Fewer Health Risks

The homogenization process uses high levels of pressure to break down the fat molecules in the milk, making them smaller and keeping them mixed with the water portion of the milk. While this has the positive effect of keeping the milk from separating, it may unfortunately also cause several health risks that non-homogenized milk doesn't carry.

The smaller the fat molecules, the easier it is for them to bypass your digestive system and directly enter into your bloodstream. If you're drinking homogenized milk that's collected from grass-fed, hormone-free cows, then this isn't a major concern. However, most homogenized milk comes from cows that receive hormones that may negatively interact with your body's hormones. This interaction between these hormones carries a possible link to illnesses such as heart disease or cancer, making non-homogenized milk a much safer option for your health.

It's Easier To Get Nutrients

Another benefit of non-homogenized milk is that it is easier to digest the nutrients from milk that hasn't been homogenized than milk that has been. This is because vital nutrients such as Vitamins A & D have a hard time bonding with the smaller butterfat particles in homogenized milk. When you skip the homogenization process, these vitamins bond more easily with the butterfat particles and can travel throughout your entire digestive tract, making sure those nutrients are getting into your body.

By drinking low-temp vat pasteurized and non-homogenized milk, you can take advantage of all that milk has to offer without taking on the risk of any harmful bacteria.