

Milk Types

Identify categories each of the follow milk fall under by used **R** = Regular milk products,
F = Fermented milk products and **S** = Substitute milk products in the spaces provided.

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| 1. Whole milk_____ | 14. Soy Milk_____ |
| 2. Kefir _____ | 15. Coconut Milk_____ |
| 3. Oat Milk_____ | 16. Rice Milk_____ |
| 4. Non-fat dry milk_____ | 17. Macadamia Milk_____ |
| 5. Koumiss_____ | 18. Sweetened condensed_____ |
| 6. Flavoured milk_____ | 19. Chocolate milk_____ |
| 7. Acidophilus milk_____ | 20. Sour cream_____ |
| 8. Cashew Milk_____ | 21. Quinoa Milk_____ |
| 9. Lactose-free milk_____ | 22. Evaporated milk_____ |
| 10. Reduced-fat milk_____ | 23. Yogurt_____ |
| 11. Low-fat milk_____ | 24. Almond Milk_____ |
| 12. Hemp Milk_____ | 25. Fat-free / Skim milk_____ |
| 13. Buttermilk_____ | 26. Calcium-enriched milk_____ |