

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.

1. Whole milk _____
2. Kefir _____
3. Oat Milk _____
4. Non-fat dry milk _____
5. Koumiss _____
6. Flavoured milk _____
7. Acidophilus milk _____
8. Cashew Milk _____
9. Lactose-free milk _____
10. Reduced-fat milk _____
11. Low-fat milk _____
12. Hemp Milk _____
13. Buttermilk _____
14. Soy Milk _____
15. Coconut Milk _____
16. Rice Milk _____
17. Macadamia Milk _____
18. Sweetened condensed _____
19. Chocolate milk _____
20. Sour cream _____
21. Quinoa Milk _____
22. Evaporated milk _____
23. Yogurt _____
24. Almond Milk _____
25. Fat-free / Skim milk _____
26. Calcium-enriched milk _____