



# Table of Contents

<b>1</b>	<b>Milk Production Systems around the World</b>	<b>1</b>
1.1	Introduction	1
1.2	Ecological Conditions	3
1.3	Different Systems	4
1.4	Various Feed Resources	5
1.5	Animal species used for Milk Production	6
1.6	Breed Improvement	6
1.7	Nutrition Content of Dairy Products	7
1.8	How to Maintain Animal Health	7
1.9	Rearing of young stock	8
1.10	Milking Procedure	8
1.11	Brief about Milk Marketing	9
1.12	Economics of Milk Production	10
1.13	Criticism of Milk Production	11

1.14	Dairy Development	11
1.15	Reference	12
<b>2</b>	<b>A Brief about Mammary Secretion and Lactation</b>	<b>14</b>
2.1	The structure of the Lactating Breast	14
2.2	Lactation Process	15
2.3	Breast Milk Composition	17
2.4	Origin and Anatomy of Mammary Glands	17
2.5	Mammogenesis and Mammary Gland Growth	19
2.6	Lactogenesis	21
2.7	Galactopoiesis	22
2.8	Secretion of Milk and its Constituents	23
2.9	Reference	24
<b>3</b>	<b>Various Milking procedures and Facilities</b>	<b>26</b>
3.1	Introduction	26
3.1.1	Wet Hand Method:	27
3.1.2	Dry Hand method:	27
3.1.3	Knuckling:	27
3.1.4	Machine Milking:	28
3.2	Milking Principles	29
3.3	Machine milking in Small Ruminants	30
3.3.1	Ewes (Sheep)	30
3.3.2	Goats	31
3.4	Components of Milking Devices and its effects on milk harvesting as well as its quality	31
3.4.1	Vacuum System:	32
3.4.2	Milker Unit	32
3.4.3	Pulsator Unit:	33
3.4.4	Teat cup shells and Liners:	35
3.4.5	Milk Receptacle:	35
3.4.6	Milk Pipeline:	35
3.4.7	Bulk Storage Tanker:	35
3.5	Milking Practices	35
3.5.1	Practices related to Animals	36
3.5.2	Practices related to Milking Personnel	36
3.5.3	Practices related to Milking Process Adopted	37
3.5.4	Practices related to the Environment	37
3.6	Milking Management of Animals	38
3.6.1	Golden rules of Calf-rearing	38
3.6.2	Golden rules for rearing Weaned Heifers	39

3.6.3	Golden rules for Ensuring Animal health of herd	39
3.6.4	Golden rules for Housing Dairy Stock	39
3.7	Summary	40
3.8	References	41
<b>4</b>	<b>Detailed Overview of Milk Lipids</b>	<b>43</b>
4.1	Introduction	43
4.2	Fatty Acids	44
4.3	Triacylglycerols	46
4.4	Polar lipids: Phospholipids and Cholesterol	47
4.4.1	How to determine the Large Nonpolar Region?	47
4.5	Conjugated linoleic acids	49
4.6	Genetic influences on milk fat concentrations and fatty acid profiles	49
4.7	Feeding Influence, Regimes, Pasture as well as Lactation Stages on Milk Lipids	51
4.8	Digestion of Milk Fat	51
4.9	Nutritional effects of Fatty Acids Present in Milk	52
4.9.1	Milk Lactose:	53
4.9.2	Milk Fat:	53
4.9.3	Milk Protein:	54
4.10	Studies done on the Effects of Milk Fat on CVD	54
4.11	Evidence about the Effects of Dairy Products on Non-lipid Risk Factors	55
4.12	References	55
<b>5</b>	<b>Major and Minor Proteins Present in Milk along with Polymorphisms and Non-protein Nitrogen</b>	<b>56</b>
5.1	Milk Proteins	56
5.1.1	Casein	58
5.1.2	Whey Protein	58
5.2	The Major Milk Proteins	59
5.3	The Polymorphism of Milk Proteins	60
5.3.1	RFPL (Restriction Fragment Length Polymorphism)	61
5.3.2	SNP (Single Nucleotide Polymorphism)	62
5.3.3	Microsatellite DNA	63
5.4	Types of Milk Protein and Human Nutrition	64
5.5	The Minor Proteins	65
5.6	Non Protein Nitrogen	66
5.7	References	67

<b>6</b>	<b>Brief about Milk Protein Allergies</b>	<b>69</b>
6.1	Introduction	69
6.2	IgE-Mediated Food Allergies	71
6.2.1	Main Causes for IgE Mediated Food Allergy	72
6.2.2	Signs and Symptoms Which May Occur During the IgE Mediated Food Allergy	72
6.3	Delayed Food Allergies	73
6.3.1	Detecting Delayed Food Allergies	73
6.3.2	What to do in case of delayed Food Allergies	73
6.4	Cow's Milk Allergy (IgE-Mediated Cow's Milk Allergy)	74
6.4.1	Rapid Onset Allergic Reactions to cow's milk and its Dairy Products	74
6.4.2	Delayed Reactions to cow's milk and other Dairy Products	75
6.5	Cross-reactivity with Milk From Other Species	75
6.6	Effects of Food Processing On Allergen city	77
6.7	Mechanisms	78
6.8	References	79
<b>7</b>	<b>Brief about Milk Carbohydrates and Oligosaccharides</b>	<b>80</b>
7.1	Introduction	80
7.2	Lactose and Minor Sugar	81
7.3	Oligosaccharides	82
7.4	Carbohydrates as Prebiotics in the Gastrointestinal Tract	83
7.5	Other Oligosaccharide Functions	86
7.6	Genetics of Carbohydrate Metabolism during Lactation	87
7.7	References	88
<b>8</b>	<b>All About Milk Bioactive Proteins and Peptides</b>	<b>90</b>
8.1	Introduction	90
8.2	Caseins	93
8.2.1	Milk Protein Casein Physical Properties	94
8.3	Whey Proteins	95
8.4	Bioactive Peptides	97
8.4.1	Physical Composition of Peptides	98
8.5	Other Minor Proteins	99
8.6	Summary	99
8.7	References	101

<b>9</b>	<b>Milk Minerals, Macroelements and Trace Elements</b>	<b>102</b>
9.1	Introduction	102
9.1.1	The Factors Affecting Milk Composition	102
9.2	Macroelements in milk and dairy products from the cow	103
9.2.1	Calcium:	103
9.2.2	Phosphorus:	104
9.2.3	Magnesium:	104
9.2.4	Sodium:	104
9.2.5	Potassium:	105
9.2.6	Chloride:	105
9.3	Trace elements in milk and dairy products from the cow	105
9.4	Minerals in milk and dairy products from other species	106
9.4.1	Sheep Milk	106
9.4.2	Goat Milk	107
9.4.3	Buffalo Milk	108
9.4.4	Milk from Minor Species	108
9.5	Summary	108
9.6	References	109
<b>10</b>	<b>Various Vitamins Found in Milk</b>	<b>111</b>
10.1	Introduction	111
10.1.1	Vitamins in Milk	111
10.1.2	Minerals in Milk	112
10.2	Availability of Vitamins in Milk in relation to Human Health	113
10.3	Animal and Nutritional Factors Modulating Vitamin Content in Bovine Milk	114
10.4	Vitamin Content in Cheese	114
10.4.1	Nutrition Content	115
10.4.2	Types of Cheese	115
10.5	Summary	117
10.6	References	117
<b>11</b>	<b>Milk Minor Constituents, Hormones, Enzymes, Growth Factors, and Organic Acids</b>	<b>118</b>
11.1	Introduction	118
11.2	Milk Minor Constituents	119
11.2.1	Vitamins	120
11.2.2	Immune Components	120
11.2.3	Salts and Minerals	120

11.2.4	Nucleotides	121
11.2.5	Amino Acids	121
11.2.6	Bioactive Peptides	122
11.2.7	Polyamines	122
11.2.8	Taurine	122
11.2.9	Glutathione	122
11.2.10	Proteose-peptones	123
11.3	Milk Enzymes	123
11.3.1	Pigments	124
11.3.2	Non-Protein Nitrogen (NPN)	124
11.3.3	Gases	124
11.3.4	Organic Acids	124
11.4	Milk Hormones and Growth Factors	124
11.5	Milk Organic Acids	125
11.6	Future Perspectives and Concerns	125
11.7	References	126

## 12 Brief about Lactose Intolerance 128

12.1	Introduction	128
12.2	Causes	129
12.2.1	Primary Lactose Intolerance	129
12.2.2	Secondary Lactose Intolerance	130
12.3	Symptoms of the Lactose Intolerance	130
12.4	Development of Lactose Intolerance	130
12.5	How to Avoid Lactose	130
12.6	Foods with lactose	131
12.7	Dairy products for the Lactose Intolerance People	132
12.8	Non-Dairy Sources of Calcium	132
12.9	Lactose Intolerance Treatment	134
12.9.1	Exposure to the Lactose	134
12.9.2	Probiotics and Prebiotics	134
12.10	References	134

## 13 Milk Quality Standards and Controlling Measures 136

13.1	Introduction	136
13.2	General principles for the Production of Quality Milk	137
13.2.1	Feeding Proper Nutrition to Cows	137
13.2.2	The Shelter	137
13.2.3	Somatic Cells Count (SSC)	138
13.2.4	Cooling	138

13.3	What are Regulatory Standards for Maintaining the Milk Quality and Dairy Products Obtained from Different Species	138
13.4	Various Quality Control Principles for Dairy Production	139
13.5	HACCP plans and hazardous components in the Production of Quality Dairy Products	139
13.5.1	Conduct Hazard Analysis	140
13.5.2	Critical Control Points (CCPs)	140
13.5.3	Critical Limits	140
13.5.4	Monitoring Procedures	140
13.5.5	Corrective Action Procedures	140
13.5.6	Verification Procedure	141
13.5.7	Record Keeping System	141
13.5.8	Hazardous Components in Milk Products	141
13.6	Recommended Control Systems for the Production of Quality Milk Products	142
13.7	Milk Quality Testing and Control System	142
13.8	Aetiology of Mastitis and Milk Hygiene	143
13.8.1	Milk Hygiene	143
13.9	Cell types and Composition of Milk in response to Mammary Gland Inflammation	143
13.9.1	Its Effects on	144
13.10	Flow cytometric method for leukocyte differential count	145
13.11	Factors Affecting Milk Composition and Yield Concerning Milk Quality	145
13.11.1	Level of Manufacturing	145
13.11.2	Lactation Stage	146
13.11.3	Illness	146
13.11.4	Consumption of Food	146
13.11.5	Age of the Cow	146
13.11.6	Weather/seasons	146
13.12	Factors affecting the Quality of Raw Milk before and after Milking	146
13.12.1	The Health of the Cows	146
13.12.2	Count of Somatic Cell	147
13.12.3	Diet	147
13.12.4	Handling of Milk	147
13.13	Pasteurization and post-pasteurization treatments for Producing Quality Milk.	147
13.14	References	148

<b>14 Heat Treatments, Sanitary Procedures, and Packaging</b>	<b>149</b>
14.1 Introduction	149
14.2 Sanitary aspects related to Unpasteurized Milk	151
14.2.1 Raw Vs. Pasteurized Debate	151
14.2.2 Nutrition and Allergy	151
14.3 Strategies for Producing Pasteurized Milk Suitable for Human Consumption	152
14.3.1 Pasteurization (HTST AND ESL):-	153
14.3.2 Ultra Heat Temperature Treatment:	153
14.3.3 Packaging:	153
14.4 How Heat Treatment Affects the Milk	154
14.4.1 Maillard Reaction:	154
14.4.2 Nutritive Value:	154
14.4.3 Physiochemical Changes:	155
14.4.4 Taste of Milk:	155
14.4.5 Whey Protein:	155
14.5 References	155
<b>15 Sensory and Flavor Characteristics of Milk</b>	<b>157</b>
15.1 Introduction	157
15.2 Significance of Flavor and off-flavor on Milk Quality: sensory and Instrumental Methods	159
15.2.1 Different Off-flavors and their causes are as follows:	159
15.2.2 Physiology of Flavor Perception	164
15.2.3 Taste Perception	164
15.2.4 Aroma Perception	165
15.3 Sensory Evaluation	165
15.3.1 Instrumental Methods	167
15.4 Milk from Ruminant Species	167
15.5 Milk from Monogastric Species	168
15.6 References	168
<b>16 Brief about Fermented Milk and Yogurt</b>	<b>171</b>
16.1 General aspects of Fermented Milk	171
16.2 Standards and Regulations	175
16.3 Health Benefits of Fermented Milk Products	178
16.4 Future Aspects	180
16.5 References	181



<b>17 Detailed Overview of Cheese Science and Technology</b>	<b>183</b>
17.1 Introduction	183
17.2 Processing	184
17.2.1 Curdling	184
17.2.2 Curd Processing	185
17.2.3 Ripening	186
17.2.4 Culturing	186
17.2.5 Coagulation	187
17.2.6 Draining	187
17.3 Quality Control Measures	187
17.4 Various Cheese Flavors	188
17.5 Cheese Texture	189
17.6 Processed Cheese	190
17.6.1 Advantages of the Processed Cheese	191
17.7 Cheese as a Food Ingredient	192
17.8 Cheese Production and Consumption	192
17.9 Classification of Cheese	194
17.9.1 Fresh Cheese	195
17.9.2 Soft Cheese	196
17.9.3 Firm and semi-firm Cheese	196
17.9.4 Blue-veined Cheese	197
17.10 Cheese as a source of Nutrients	198
17.11 References	199
<b>18 Butter, Cream, Ghee Products</b>	<b>202</b>
18.1 Introduction	202
18.2 Manufacture of Butter, Ghee and Milk Products	203
18.2.1 Country / desi Method	204
18.2.2 Creamery Butter Method	204
18.3 Nutritional value of Cream, Butter, and Ghee	205
18.4 Human Health Benefits of Butter, Ghee, and Cream	206
18.5 Conjugated Linoleic Acid	206
18.6 Short and medium-chain Fatty Acids	207
18.7 References	208
<b>19 Brief about Condensed and Powdered Milk</b>	<b>211</b>
19.1 Introduction	211
19.2 World Dairy Powder Situation	213
19.2.1 Dairy Preparing	213
19.2.2 Dairy Utilization	214
19.3 Overview of Operations	214

19.4	Properties of Dehydrated Products	215
19.5	References	215
<b>20</b>	<b>Brief About Frozen Dairy Foods</b>	<b>217</b>
20.1	Introduction	217
20.2	Technologies used for Freezing Dairy Products	218
20.3	Ice-cream and its Nutritional Profile	219
20.4	Summary	220
20.5	References	221
<b>21</b>	<b>Nutritional Formulae for Infants and Young Kids</b>	<b>222</b>
21.1	Introduction	222
21.1.1	Birth to Six Months:	223
21.1.2	Six to Twelve Months:	223
21.2	History of Infant Formula	224
21.2.1	Food for new born Babies in the Ancient Time	224
21.2.2	Raw Milk Formulas	224
21.2.3	Follow-on and Toddler Formulas	224
21.3	Classification and Regulations for preparing Formulae for Infant's and Young Children	225
21.3.1	Mixing Ingredients Formulas	225
21.3.2	Pasteurization	225
21.3.3	Packaging	225
21.3.4	Heat Treatment or Sterilization	225
21.4	Safety & Quality	226
21.5	Processing and Manufacturing Formulae for infants and Kids	227
21.5.1	Processing of Infants and kid's formulas	227
21.5.2	Manufacturing	228
21.6	Packaging of Formulae	228
21.7	Future Developments	229
21.8	References	229
<b>22</b>	<b>Brief About Whey and Whey Products</b>	<b>231</b>
22.1	Introduction	231
22.2	Sources and types of whey	232
22.2.1	Types of Whey Protein	232
22.2.2	Other Classification	233
22.2.3	Based on pH Value	233
22.3	Whey Production and Utilization	234
22.3.1	Production	234

22.3.2	Utilization	235
22.3.3	Where it can or can't be used	235
22.4	Major Commercialized whey Products	237
22.4.1	Agropur (Davisco Business Unit)	237
22.4.2	Arla Foods	237
22.4.3	Fonterra Co-operative Group	237
22.4.4	Glanbia	238
22.4.5	Milk Specialties	238
22.5	Nutritional value of whey components	238
22.6	Future Prospects for Dietary Applications of whey	240
22.7	References	240
<b>23</b>	<b>Brief about Goat Milk</b>	<b>242</b>
23.1	Introduction	242
23.2	Composition of Goat Milk	244
23.3	Effects of feeding and Management on Goat Milk composition	245
23.4	Summary	249
23.5	References	250
<b>24</b>	<b>Brief about Buffalo Milk</b>	<b>251</b>
24.1	Introduction	251
24.2	Medicinal Benefits of Buffalo Milk	252
24.3	Benefits of Buffalo Milk	253
24.4	Buffalo Milk and it's major constituents	253
24.4.1	Fats	253
24.4.2	Proteins	253
24.4.3	Milk salts	254
24.4.4	Vitamins	254
24.4.5	Pigments in Milk	254
24.4.6	Urea	254
24.5	Diary Products Made From Buffalo Milk	255
24.6	Summary	256
24.7	References	257
<b>25</b>	<b>Brief about Sheep Milk</b>	<b>258</b>
25.1	Introduction	258
25.2	Lipids	259
25.3	Proteins & Their Biological Functions	259
25.4	Carbohydrates	260

25.5	Vitamins & Minerals	260
25.6	Sheep Milk Products	261
25.7	References	261
<b>26</b>	<b>Brief About Camel Milk</b>	<b>263</b>
26.1	Introduction	263
26.2	Camel Milk Production and Utilization Worldwide	264
26.2.1	Camel Milk Production	264
26.2.2	Products from Camel Milk	268
26.3	Milk Allergy	268
26.4	Therapeutic Properties of Camel Milk	268
26.4.1	Immunoglobulin:	269
26.4.2	Lysozyme:	269
26.4.3	Lactoperoxidase:	269
26.4.4	Lactoferrin:	269
26.4.5	PGRP:	269
26.5	References	270
<b>27</b>	<b>Brief About Horse and Doney Milk</b>	<b>271</b>
27.1	Introduction	271
27.2	Horse & Donkey's Milk Production and Distribution Worldwide	272
27.3	Gross Composition and Physical Properties of Horse & Doney Milk	272
27.4	Nitrogen Fraction of Horse & Donkey Milk	274
27.5	Fat and Lipid Fractions	274
27.6	Lactose & Other Carbohydrates	274
27.7	Minerals & Vitamins	275
27.8	Bioactive Compounds	275
27.9	Horse & Donkey Milk in the Human Diet and well-being	275
27.10	References	276
<b>28</b>	<b>Brief about Sow Milk</b>	<b>277</b>
28.1	Introduction	277
28.2	Porcine Mammary Gland	278
28.3	Porcine Colostrum and Milk	279
28.4	Dietary manipulations that affect milk production and composition	280
28.5	Sow Milk in Human Nutrition Research	281
28.6	Summary	283
28.7	References	284

<b>29 Brief about Yak Milk</b>	<b>285</b>
29.1 Introduction	285
29.2 Yak and It's Different Advantages to Humans	286
29.3 Yak Milk Composition	288
29.4 Summary	289
29.5 References	289
<b>30 Other Minor Milk Producing Species (Caribou, Llama, Reindeer, Elk, Alpaca, Musk Ox, Moose, and others)</b>	<b>291</b>
30.1 Introduction	291
30.2 General Aspects of milk of minor species	292
30.3 Production, Composition, and Utilization of Milk from Minor Dairy Species	292
30.3.1 Reindeer	292
30.3.2 Caribou	293
30.3.3 Musk Ox	294
30.3.4 Llama milk	295
30.3.5 Alpaca	296
30.3.6 Moose	298
30.3.7 Elk	299
30.3.8 Mithun	299
30.3.9 Other Minor Species	300
30.4 References	301
<b>31 Brief about Human Milk</b>	<b>303</b>
31.1 Introduction	303
31.2 Human Milk Feeding and its Practice	304
31.3 Production of Human Milk	304
31.4 Composition of Human Milk	305
31.4.1 Proteins:	305
31.4.2 Carbohydrates:	305
31.4.3 Fats:	305
31.4.4 Vitamins:	305
31.5 Infant Formulae and Alternative Feeding	306
31.6 Summary	307
31.7 References	307
<b>Abbreviations</b>	<b>309</b>
<b>Index</b>	<b>312</b>