



## Medha Doodh



1. **Double toned milk:-** Double Toned Milk has 1.5% Fat & 9.0% Non fatty solids in it. This is a milk with very low fat % but more rich in protein ,carbohydrates ,vitamins & minerals. Thus it is ideal for heart Patients/health conscious people. This good for tea making & also the low cost milk.
2. **Toned milk:-** Toned Milk has 3.0 % Fat & 8.5 % Non fatty solids in it. This type of milk is ideal for the domestic consumption such as drinking purpose, Tea making , curd & Lassi preparations. It is ideal for drinking purpose for people above 40 years of age
3. **Standard milk:-** Standard Milk has 4.5% Fat & 8.5 % Non fatty solids in it. This type of milk has slightly higher Fat in line with the cow milk. It is good all domestic uses . It is good for drinking purpose for the growing children & youths. This milk can also be used for the preparation of channa , khoa , Kheer, Sewai & custard etc. at home.
4. **Full Cream Milk:-** Full Cream Milk has 6.0 % Fat & 9.0% Non fatty solids in it. This kind of milk has very high content for milk fat & all other milk nutrients. This is at par with the best quality Buffalo milk. It is ideally suited for sweet making & good for drinking for manually hard working people & growing children but not so good for people above 40s & heart patient.

Thus please ensure to get your requirement of milk as pasteurized packed milk from organized dairy plants. Let the doctors & technologists check the quality before serving it to you. "Seeing is believing" does not stand true here as the harmful bacteria are not visible to the necked eyes. You can ask for the variant of milk ideally suiting your requirements.