



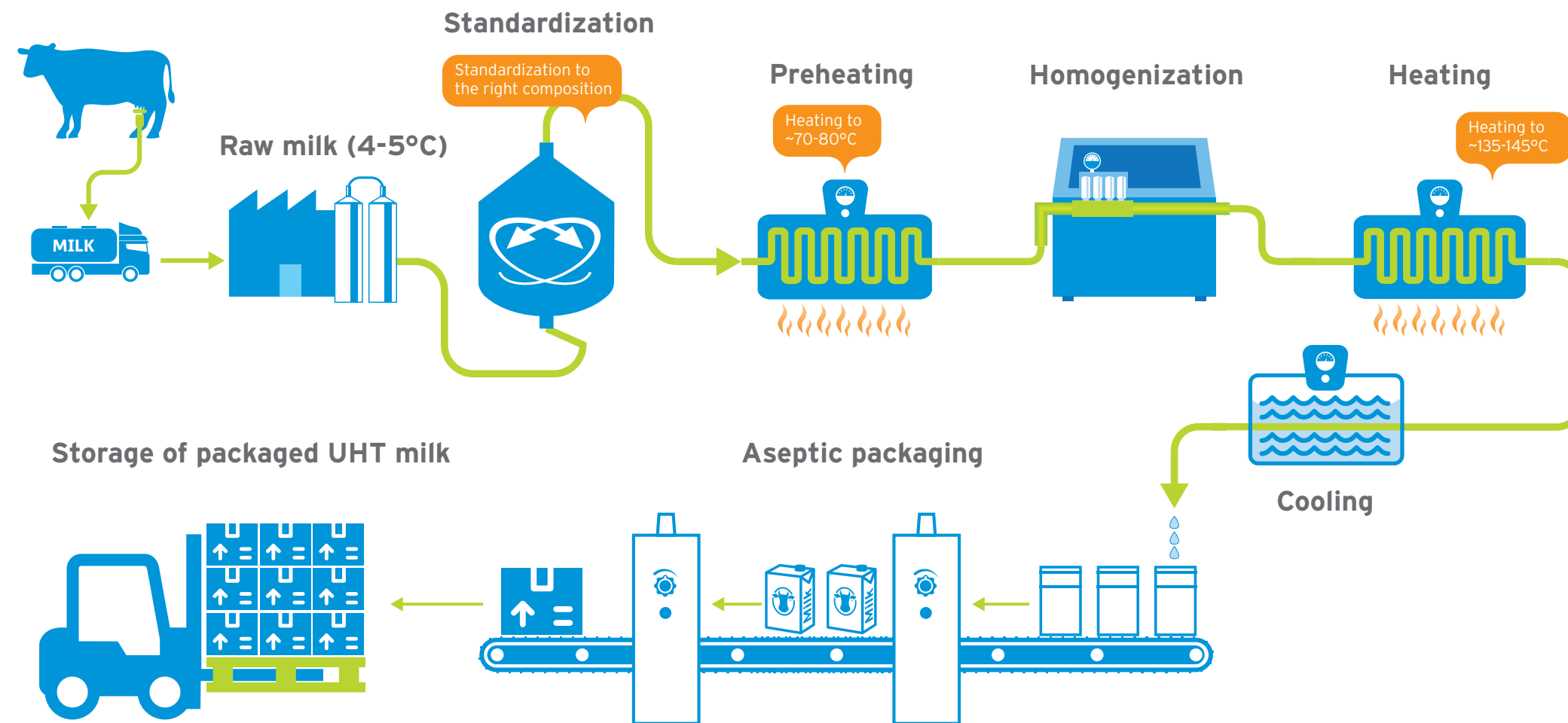
FrieslandCampina 

Institute
for dairy nutrition and health

How is ultra-high temperature (UHT) milk made?



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How is UHT milk preserved?

The ultra-high temperature heat treatment employed during the production of UHT milk eliminates all microorganisms. Subsequently, the milk is aseptically packaged, safeguarding it against the contamination by any microorganisms, and gives protection against air and light. This ensures its safety and stability for several months without refrigeration. Given the absence of microbial growth, it is not necessary to incorporate preservatives into UHT-treated products.

Did you know that?



Sterilization treatment for food preservation started in France in the early 1800s. The original method involved placing food in tin-coated steel containers. The containers are placed inside vessels, where heat is applied.



UHT milk does not need refrigeration for storage until it has been opened. However, it can be chilled if you prefer to store and consume it cold.



UHT milk is safer to drink than loose (raw) milk as UHT milk undergoes standardized processing steps for pathogen inactivation. Meanwhile, loose (raw) milk is usually unprocessed and may be at increased risk of contamination.



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institute@frieslandcampina.com

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