

milk 101

a discussion on dairy fat

There are many different types of milk sold at the grocery store and one difference between them is the amount of fat they contain. The percentages included in the names of milk indicate how much fat is in the milk by weight. The different varieties match the wide range of consumer preferences.



dairy fat science

Research supports that whole milk dairy may be as healthful as lower-fat options, despite its higher fat content.

A review of the existing research on whole milk dairy consumption published in the *European Journal of Nutrition* found that people who eat full-fat dairy are not more likely to develop cardiovascular disease and type 2 diabetes than people who stick to low-fat dairy. Additionally, in 11 of the 16 studies included in the review, people who consumed more high-fat dairy products either weighed less or gained less weight over time. Researchers believe that this may be because whole milk dairy products, which contain more fat, might be more filling and satisfying, meaning people might eat less of the richer versions.² One cup of whole milk has 4.5 grams of saturated fat which is about 22% of the daily recommended intake.³

So what does that mean? Whatever your dairy preference — whole milk, reduced-fat, low-fat or skim — it can be part of a healthy, well-balanced diet.

¹ U.S. Department of Agriculture (USDA), Agricultural Research Service. FoodData Central: Foundation Foods. Version Current: April 2021. Internet: fdc.nal.usda.gov.

² Lahoz-García N, Milla-Tobarra M, García-Hermoso A, Hernández-Luengo M, Pozuelo-Carrascosa DP, Martínez-Vizcaino V. Associations between Dairy Intake, Body Composition, and Cardiometabolic Risk Factors in Spanish Schoolchildren: The Cuenca Study. *Nutrients*. 2019 Dec 3;11(12):2940. doi: 10.3390/nu11122940. PMID: 31817012; PMCID: PMC6950103.

³ Harvard Health Publishing. Is low-fat or full-fat the better choice for dairy products? 2021 February 12; *Staying Healthy*. <https://www.health.harvard.edu/staying-healthy/is-low-fat-or-full-fat-the-better-choice-for-dairy-products>

siggi's whole-milk skyr

Skyr (pronounced "skeer") is a strained yogurt made from cow's milk that has been a staple in the Icelandic diet for more than 1,000 years. Iceland native Siggi Hilmarsson became homesick for skyr when he moved to New York City in 2005 and began making it in his own kitchen. siggi's is now available across the US and made with simple ingredients as in Siggi's own kitchen. Siggi has fond memories of his childhood when his father would pour fresh cream over skyr to create what is called rjóma-skyr. This inspired Siggi to create a whole-milk skyr to honor his dad's tradition. siggi's whole-milk variety recreates that rich, creamy experience using whole milk and a bit of cream.

full of flavor

siggi's whole-milk skyr is made with simple ingredients and more protein than sugar, with a touch of cream for a richer taste experience. Each flavored variety contains 8 grams of sugar and 12-13 grams of protein per 4.4oz cup, making it a nutritious and satisfying snack.

crafted with less

- no artificial sweeteners
- no added artificial or natural flavorings
- no added colors
- no gums or starches
- no preservatives
- no stevia

sugar

Each single-serve 4.4oz-cup of whole-milk skyr contains 8 grams of sugar, which comes from fruit, cane sugar, and the milk itself.

full of protein

Flavored varieties contain 12-13 grams of protein per 4.4oz serving and the plain variety contains 14 grams. That means there is more protein than sugar in each cup.



simply made

siggi's whole-milk skyr is available in several delicious varieties, including plain, vanilla, strawberry & rhubarb, and mixed berries. The flavor comes from real ingredients you can find in your own kitchen.

simple ingredients

siggi's uses whole milk and a touch of cream to create a rich yogurt with no unwanted sweeteners or fillers, like aspartame or gelatin.

ingredients:

Cultured Pasteurized Whole Milk, Pasteurized Cream, Strawberry and Rhubarb Purées, Cane Sugar, Fruit Pectin

live active cultures:

S. thermophilus, *L. bulgaricus*, *Bifidobacterium*, *L. acidophilus*, *L. paracasei*

Nutrition Facts

Serv. size: 1 - 4.4oz (125g) cup, Amount per serving: **Calories 130**, **Total Fat** 4.5g (6% DV), **Sat. Fat** 3g (15% DV), **Trans Fat** 0g, **Cholest.** 20mg (7% DV), **Sodium** 55mg (2% DV), **Total Carb.** 11g (4% DV), **Fiber** 0g (0% DV), **Total Sugars** 8g (Incl. 5g Added Sugars, 10% DV), **Protein** 12g (24% DV), **Vit. D** (0% DV), **Calcium** (10% DV), **Iron** (0% DV), **Potas.** (4% DV).