



## CHEESE

- Cheese can be made from almost any milk, including milk from cows, sheep, goats, and buffalo!
- Approximately 10 pounds of milk is required to make one pound of cheese.
- Mozzarella and cheddar are the most popular cheeses in the United States, but there are over 1,000 different varieties of cheese in the world!
- Lactose is a natural sugar found in milk and milk products that is hard for many people to digest. Luckily, the production and aging process of hard cheeses reduces the lactose levels. Cheeses like Parmesan have untraceable amounts!



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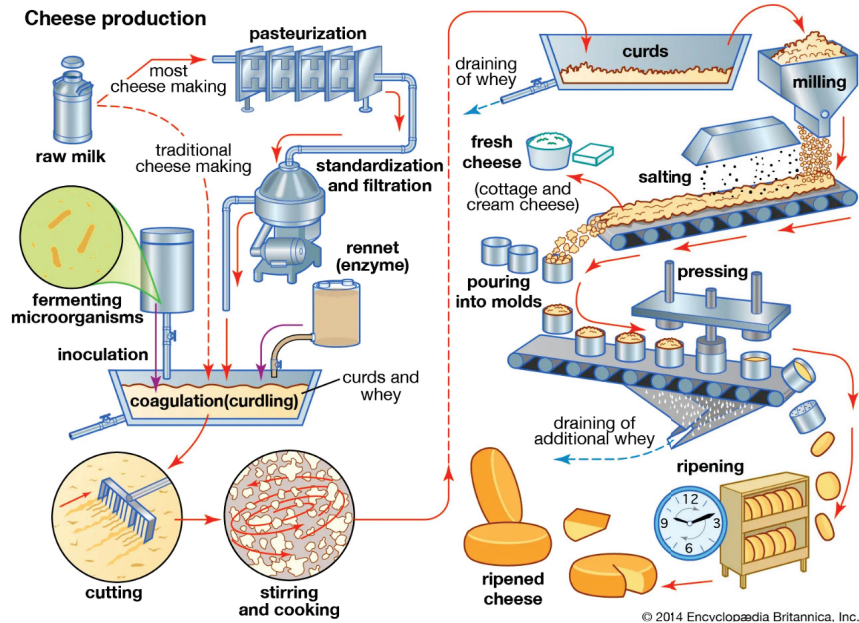


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# FOOD SCIENCE: Diagram of Cheese Production

Source: Encyclopedia Britannica



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