

Dairy 2

<https://www.agoramores.com/permaculture/livestock/dairy-2>

Tags: [growing](#) · [livestock](#) · [dairy](#)

Related

dairy

- [cheese](#)

livestock

- [Poultry](#)
- [Chicken](#)
- [Cattle](#)
- [Bee Keeping](#)
- [Turkey Poultry](#)
- [Pasture](#)

growing

- [broccoli](#)
- [our gardens](#)
- [garlic](#)
- [basil](#)
- [Peanuts](#)
- [legumes](#)

[milk consumption per capita](#)

1. Milk

- The base for most [dairy](#) products.
- Available as whole, skim, low-fat, lactose-free, and flavored varieties²⁴⁶.
- Includes cow's milk, goat's milk, and sheep's milk.

2. Cheese

- Produced by coagulating milk and separating curds from whey.
- Includes hundreds of varieties such as cheddar, mozzarella, brie, gouda, blue cheese, paneer, ricotta, [cottage cheese](#), and more¹²⁴⁵⁶.
- Divided into categories like hard, soft, fresh, aged, and processed cheeses.

3. Yogurt

- Made by fermenting milk with specific bacterial cultures.
- Types include plain, Greek, strained, drinkable, skyr, and flavored yogurts¹²⁴⁵.

- Regional varieties include lassi, ayran, kefir, and doogh.

4. Cream

- The fatty part of milk that rises to the top.
- Types include heavy cream, light cream, sour cream, clotted cream, and whipped cream²⁴⁵.

5. Butter

- Made by churning cream to separate the butterfat from buttermilk.
- Varieties include salted, unsalted, clarified butter (ghee), and spreadable forms²⁴⁵.

6. Ice Cream and Frozen Dairy

- Frozen desserts made from milk, cream, sugar, and flavorings.
- Includes ice cream, gelato, frozen yogurt, and ice milk¹²⁵.

7. Fermented Milk Drinks

- Includes kefir, kumis, ayran, and acidophiline.
- These are produced by fermenting milk with specific cultures, resulting in tangy, probiotic-rich beverages¹²⁵.

8. Condensed and Evaporated Milk

- Milk that has been concentrated by removing water, sometimes sweetened.
- Used in desserts, baking, and beverages³⁴⁵⁶.

9. Whey and Protein Products

- Byproducts of cheese-making, used in protein supplements and baking.
- Includes whey protein powders and concentrates²⁵⁷.

10. Other Specialty Dairy Products

- Buttermilk: The liquid left after churning butter, or cultured for tangy flavor⁴⁵.
- Quark: A fresh, soft cheese popular in Europe⁴⁵.
- Skyr: An Icelandic cultured dairy product, similar to yogurt but thicker¹⁵.
- Clotted Cream: A thick, rich cream popular in the UK⁴⁵.

Beef cattle

- pet zoos

table

Dairy Product	Protein (g/100g)	Notes
Parmesan Cheese	35-38	Highest protein cheese; aged and concentrated
Cottage Cheese	12.4	High in casein; low-fat options available
Greek Yogurt (Plain)	8.8-11.8	Thick, strained yogurt with concentrated protein
Whey Protein Powder	66-83	Most concentrated protein source (varies by brand)
Ultra-Filtered 2% Milk	5.8	More protein than regular milk
LACTAID® Protein Milk	5.4	Lactose-free with added protein
Cheddar Cheese	25	Hard cheese with good protein density

Mozzarella (whole milk)	22-24	Fresh cheese with moderate protein
Regular Skim Milk	3.4	Lowest fat, same protein as whole milk
Regular 2% Milk	3.3	Standard milk protein content
Whole Milk	3.3	Same protein as skim but higher fat

cheese

Cheese	Protein (g)	Key Notes
Parmesan (Parmigiano Reggiano)	33–35.8	Hard, aged; lactose-free; highest protein density 61215.
Pecorino Romano	32.1	Sheep's milk cheese; salty and crumbly 7.
Swiss (Emmental)	28.4	Nutty flavor; melts well for sandwiches 47.
Gruyère	27.9	Firm texture; ideal for fondues 7.
Mozzarella (whole milk)	24–28.9	Fresh, mild flavor; lower in sodium (if low-sodium) 214.
Cheddar	25–25.8	Aged varieties have more protein 47.
Gouda	24.9	Semi-hard; caramel-like sweetness when aged 7.
Provolone	25.6	Smoky or mild; great for melting 7.
Cottage Cheese	11–14 (per ½ cup)	High in casein; often paired with fruit or savory toppings 4.
Feta	14–18.1	Brined; tangy but lower in protein than hard cheeses 7.

table

Dairy Product	Protein (g/100g)	Notes
Parmesan Cheese	35-38	Highest protein cheese; aged and concentrated
Cottage Cheese	12.4	High in casein; low-fat options available
Greek Yogurt (Plain)	8.8-11.8	Thick, strained yogurt with concentrated protein
Whey Protein Powder	66-83	Most concentrated protein source (varies by brand)
Ultra-Filtered 2% Milk	5.8	More protein than regular milk
LACTAID® Protein Milk	5.4	Lactose-free with added protein
Cheddar Cheese	25	Hard cheese with good protein density
Mozzarella (whole milk)	22-24	Fresh cheese with moderate protein
Regular Skim Milk	3.4	Lowest fat, same protein as whole milk
Regular 2% Milk	3.3	Standard milk protein content
Whole Milk	3.3	Same protein as skim but higher fat

cheese

Cheese	Protein (g)	Key Notes
Parmesan (Parmigiano Reggiano)	33–35.8	Hard, aged; lactose-free; highest protein density 61215.

Pecorino Romano	32.1	Sheep's milk cheese; salty and crumbly 7.
Swiss (Emmental)	28.4	Nutty flavor; melts well for sandwiches 47.
Gruyère	27.9	Firm texture; ideal for fondues 7.
Mozzarella (whole milk)	24–28.9	Fresh, mild flavor; lower in sodium (if low-sodium) 214.
Cheddar	25–25.8	Aged varieties have more protein 47.
Gouda	24.9	Semi-hard; caramel-like sweetness when aged 7.
Provolone	25.6	Smoky or mild; great for melting 7.
Cottage Cheese	11–14 (per ½ cup)	High in casein; often paired with fruit or savory toppings 4.
Feta	14–18.1	Brined; tangy but lower in protein than hard cheeses 7.