

From the dairy or not?



Cream bought from a dairy is originally found mixed in fresh cow's milk.

The cream is lighter than milk so it will eventually rise and settle at the top. It is taken out of the milk by spinning the mixture round very quickly in a special machine.



A pot of cream is made up of lots of tiny drops of fat that are mixed evenly in water.

Whipping cream has 8 times more fat drops than milk and it is these fat clusters that keep the air in place once the cream has been whipped. This makes cream an extremely interesting mixture as it is made up of gas and liquid... and even the liquid is a mixture itself!

Processed cream such as aerosol cream has less fat and food energy than real dairy cream.

Fatty foods are less healthy for us and not good for people with heart disease so eating aerosol cream is better for you although you do have to consider the sugar that it contains. Even healthy people should not eat too much fatty food like dairy cream.



From the dairy or not?



Dairy cream sold in shops does not have any ingredients added to it.

Aerosol cream is not dairy cream, so is often called imitation or processed cream. It is not taken directly from cow's milk. It is made from a mixture of many ingredients such as skimmed milk, vegetable oil, sugar or sweeteners, salt and colourings.

Any foods that have a lot of fats also have a lot of energy. Energy is measured in kilojoules (or kilocalories). When you have eaten, the food energy your body does not use during exercise or throughout the day stays in your body as fat.



Cream that can be bought in a can comes out by a gas in the can pushing the cream through the pressed nozzle. The cream mixes with air as it sprays out. The cream and the air take up four times more space than the cream did in the can! This cream looks like whipped cream but it will shrink if left to stand as the air will escape.