



**GHEE- The Most Delicious
Golden Liquid**

Learn all about ghee the most delicious golden liquid used in south Asian Cuisine

What is Ghee?

Ghee is a class of clarified butter that originated in India and is commonly used in South Asian (Indian, Bangladeshi, Nepali, Sri Lankan, and Pakistani) cuisine. Ghee is also lactose-free and contains no salt. Ghee or pure butterfat, looks like liquid gold and is the most soothing and delicious ingredient imaginable. The word Ghee comes from Sanskrit: word of ghrta, with the meaning of 'sprinkled'. Ghee has several names in South India, as Tuppa in Kannada, as Neyi in Malayalam, as Ney in Tamil Nadu, as Neyyi in Telugu and is also called by different names around the world. Traditionally, ghee is always made from the milk of cows, which are considered sacred and it is a sacred requirement in Vedic poojas and Homa (fire sacrifices), through the medium of Agni (fire) to offer oblations to various deities. Fire sacrifices have been performed dating back over 5,000 years

Definition of ghee (as per Food Safety and Standards Regulations.2011)

Ghee means the clarified fat derived solely from milk or curd or from desi (cooking) butter or from cream to which no coloring matter or preservatives has been added.

Making Ghee: Ghee is dehydrated milk-butter without its solids. To make ghee, technologists heat milk

butter on a slow fire. All the water slowly evaporates. What is left of the butter is a clear golden liquid, with the solids settled at the bottom. When ghee and butter are kept under room temperature Butter will eventually turn rancid; ghee will not. It is the moisture in butter that promotes decay. Virtually moisture-free, ghee has no such problem.

Desirable characteristics of Ghee

Ghee is characterized by a pleasant, nutty flavour and a creamy white to light yellow colour. It should be free from foreign colouring matter, sediment and should have a granular texture. It should be free from any objectionable odours.

Nutritive Value of Ghee

Ghee is comprised of full spectrum short, medium and long chain fatty acids, both unsaturated and saturated. Ghee contains Omega 3 and Omega 6 essential fatty acids along with vitamins A, D, E and K. Ghee made from organic butter of pastured cows is one of the highest natural sources of CLA (Conjugated Linoleic Acid), 9 phenolic anti-oxidants, as well as numerous other minerals present in ghee. Ghee has one of the highest flash points (482oF) which make this oil the best choice for high temperature cooking.

Like any clarified butter, ghee is composed almost entirely of fat, 62% of which consists of saturated fats;

Amounts Per 100g of Ghee

Total Fat	99.5g (153% DV)
Saturated Fat	61.9 g (310% DV)

Monounsaturated Fat 28.7 g

Polyunsaturated Fat 3.7 g

Trans Fats 4 g

Omega-3 fatty acids 1.447 mg

Omega-6 fatty acids 2247 mg

Other Non-fat nutrients Amounts Per 100g of Ghee

Carbohydrates 0

Minerals 0

Cholesterol 256 mg
(85% DV)

Phytosterols 0

Vitamin A 3069 IU
(61% DV)

Vitamin B, C, D 0

Vitamin E 2.8 mg
(14% DV)

Vitamin K 8.6 mcg
(11% DV)

Value of Ghee

Ghee is used primarily in Indian cuisine. Because the preparation of ghee involves heat, it has a distinctive toasted flavor, often described as nutty. Before the advent of commercial vegetable oils, ghee was widely used for deep frying. Unlike

other butter-based products, ghee has a high smoking point and can be stored without refrigeration for weeks. As long as ghee is stored in air-tight containers, it does not spoil easily

Why ghee is better than butter

Ghee is an ideal fat for deep frying because its smoke point (where its molecules begin to break down) is 250°C (482°F), which is well above typical cooking temperatures of around 200°C (392°F) and above that of most vegetable oils. From a nutritional standpoint, both butter and ghee are basically made from the fats of whole milk.

Health consequences of Ghee and Butter

At levels under 10% of total calories, however, ghee appears to help lower cardiovascular risks, especially when other fats consumed during the day are exclusively from plants. Butter, like ghee, can increase risk of cardiovascular disease when consumed in excessive amounts.

Use of Ghee in Ayurvedic Medicine

Many Ayurvedic formulations contain ghee. Though eight types of ghee are mentioned in Ayurvedic classics, ghee made of human breast milk and cow's ghee are claimed to be excellent among them. Further, cow's ghee has intellect promoting and vitalizing properties. Ghee is also used in Ayurveda for constipation and ulcers.

Culinary uses of ghee

Ghee is widely used in Indian cuisine. In many Indian states, including Andhra Pradesh, Punjab, Haryana, Gujarat, Maharashtra, Uttar Pradesh, Bihar, Bengal, and Orissa. Rice is traditionally prepared or served with ghee (including biryani). In Rajasthan, ghee is eaten with baati. All over north India, people take roti with ghee. In Bengal (both West Bengal and Bangladesh) and Gujarat, ghee is served with kichadi, which is an evening meal (or dinner) of rice with lentils eaten with a curry made from yogurt, cumin seeds, curry leaves, ghee, corn flour, turmeric, garlic and salt.

Ghee is also used to prepare Indian sweets such as Mysorepak and different varieties of halva and laddu. Punjabi cuisine prepared in restaurants uses large amounts of ghee. Naan and roti are sometimes brushed with ghee, either during preparation or while serving.

Ghee and 'Cholesterol Threat'

A lot of people avoid consuming ghee under the mistaken notion that ghee is only a fat and consumption of ghee increases cholesterol. Ayurveda recommends ghee to be included in daily food. Ghee is known as 'ghrita' in ayurveda. It is described as 'the best' among lipid media due to its medicinal power. Ghee is an outstanding nutritional and therapeutic substance. It is an important medicinal product in the

treatment of vata and pita diseases. In ayurveda, Medicated Ghee is prepared by adding other oils with medicines. This medicated ghee is used for Internal and External purposes. Researches have proved as a consequence of consuming Medicated Ghee as Internal Medicine, not only the vata problem vanished out, but also the cholesterol levels have dropped (i.e., Total cholesterol, LDL (bad cholesterol), Triglycerides and the TC/HDL ratio are down and below the desirable levels).

The Health Benefits of Using Ghee

- 1. Use ghee to fight inflammation:** Ghee has been shown to reduce leukotriene secretion and reduce prostaglandin. Prostaglandin levels and leukotriene secretion both play a role in inflammation.
- 2. Use ghee if you're lactose or casein intolerant:** The method of clarifying butter to turn it into ghee removes most of the lactose and casein contained in butter. Many of those who are lactose or casein intolerant can enjoy ghee without any negative reactions.
- 3. Use ghee to boost your daily dose of antioxidants:** Ghee contains carotenoids and vitamins A and E. These antioxidants fight free radicals and promote skin cell growth, good vision and immune system health, as well as reduce the risk of certain cancers and heart disease.
- 4. Use ghee to boost your**

micronutrient intake: Ghee is excellent source of vitamin K2 and CLA, Nutrients that aren't found in very many other foods. Vitamin K2 may help prevent calcification of the arteries.

5. Use ghee to increase the effectiveness of some herbs: Ghee helps transport the medicinal properties of some herbs, when ingested, to organs and cells.

6. Use ghee for flavor: Ghee's nutty and intense flavor gives it a unique flair in the world of butters!

7. Ghee is mostly considered unhealthy (and is unhealthy when consumed without the necessary portion control), but there are a few parameters that make 'pure ghee' healthy. "Pure ghee contains only those fatty acids or saturated fats that are primarily (89%) short chain fatty acids.

8. Regular consumption of pure ghee enhances physical and mental strength, and keeps the body healthy. It also helps in taking out the impurities from the body. It enhances eyesight, keeps muscles and tendons healthy.

9. It is full of Vitamins A, D, E, and K. These vitamins are fat-soluble, meaning they have to be digested with other fat molecules in order for these vitamins to make it into our bloodstream. Ghee has lots of dietary fats (mostly saturated fats) that help our bodies absorb and make use of these vitamins.

10. Ghee (unlike other oils) is rich in butyric acid, a short chain fatty acid. Beneficial intestinal bacteria convert fiber into butyric acid and then use that for energy and intestinal wall support. A healthy body therefore makes it own form of 'ghee' but you can aid that greatly by just consuming it.

11. Eating ghee is like eating probiotics and prebiotics and fiber combined.

Increasing the shelf life of ghee

When ghee is stored under ambient temperature, it undergoes oxidative deterioration. The oxidation of unsaturated fatty acids produces hydro peroxides and their subsequent breakdown products viz. aldehydes, ketones, low molecular weight acids and oxy acids. These components are responsible for the development of off flavours in ghee.

A research was carried out to study the antioxidant property of betel and curry leaves at different concentration when they are boiled during the clarification process of ghee making. The findings show that the initial peroxide value of ghee (0.00) showed no increase up to 30 days of storage at 30°C. But the control samples showed a steep increase in peroxide value after 60 days of storage. Ghee samples treated with 1% curry leaves were found to be most resistant up to 135 days. The betel leaves at 1% concentration appeared to be most

acceptable and stable even after 147 days of storage at 30°C.

It is observed that the plant leaves (curry and betel leaves) contain phenolic compounds such as hydroxychavicol, eugenol, and certain amino acids such as asparagine, glycine, serine, aspartic acid, glutamic acid, threonine, alanine, proline, and tryptophan which might possess antioxidant properties and help to improve the shelf life of ghee.

To conclude, the betel and curry leaves can serve as a potent antioxidant at 1% concentration without any adverse effect on the organoleptic properties of the ghee and help replace the BHA and BHT to extend the shelf life of ghee.

Products for Testing

The following brands of Ghee were purchased by us from different markets in four Southern states of India for comparative testing.

State wise list of Ghee

Tamil Nadu	Kerala	Karnataka	Andhra Pradesh
Udhaya Krishna Ghee	Milma Ghee	Nandhini pure Ghee	Nandgokul Ghee
Hatsun Agmark Ghee	Nambisans agmark Ghee	GRB Ghee	MGs Ghee
Aavin Agmark Ghee	Saranam Ghee	Milky Mist Agmark Ghee	Durga Fresh ghee
Sakthi Ghee	RKG Agmark Ghee	Nilgiris cow Ghee	Heritage Cow Ghee
AAC Ghee	Quality pure Ghee	Revathi Ghee	Vijaya Cow Ghee

COMPARATIVE TESTING

Comparative Testing is a formal process by which different brands of a product category is tested for Quality; tested for conformance to the minimum standards laid out by BIS and other standards and how much the brand exceeds these minimum standards; test for potential health and safety hazards even under normal usage of the product; verify the special claims of the manufacturers, if any; and publish the results for all the tested brands. As part of the testing, we provide consumer education on the various features, proper usage and how-to-buy guides. Under the Comparative Testing Project for South India. One of the products selected for testing for the year 2014 is Ghee.

CRITERIA AND PARAMETERS FOR TEST

Three Major Criteria against which the Ghee samples were rated are:

- (1) Packaging and Labeling,
- (2) Safety and Health, and
- (3) Quality.

Each criterion and parameter is rated individually on a 5-point scale. The rating given is 1 (Poor), 2 (Fair), 3 (Good), 4 (Very Good), and 5 (Excellent). For any parameter, which in our tests, meets the defined standards will be given the rating of Good. When it exceeds the minimum standards substantially, it will be rated Very Good. When it exceeds the standards significantly and shows appreciable innovation, it will be rated Excellent.

The results are presented against these major criteria. In each category that in our opinion is fair is without any subjective element. The user is encouraged to study these results and make their buying decisions based on their requirements and judgment.

User perception of Ghee is done on the following parameters.

- a) Appearance
- b) Smell
- c) Abnormal of smell on heating
- d) Reason for purchasing particular brand
- e) Purchased Brand

f) Home made

Labeling Particulars

Labeling of Pre-packaged ghee

FS&S Regulation 2.2. (Packaging, Labeling) 2011 requires that every pre-packaged food shall carry a label containing information as required therein unless otherwise provided

1. The Name of Food: The name of the food shall include trade name or description of food contained in the package.
2. Ingredient: A list of ingredients (except for single ingredient foods) A list of ingredients shall be declared on the label in descending order of their composition by weight or by volume. Ghee being a single ingredient it is not insisted on this label.

3. Nutritional information; Nutritional information or nutritional facts per 100 gm or 100ml or per serving of the product shall be given on the label containing the following.

4. Energy value in Kcal: Energy value should be given in kilo calories.

5. Declaration regarding veg or Non-veg: Non-veg food shall bear a declaration to this effect made by a symbol and colour code. Brown colour for non-veg food & Green colour for Veg food.

Liquid milk is exempted from this declarations. But for Ghee, most of the manufactures mention this Veg Logo on the Label.

6. Declaration regarding food additives: No additive is permitted in ghee.

7. Name & complete Address of the manufacturer: The name & complete address of the manufacturer should be given on the label.

8. Net Quantity: Net quantity by weight or volume shall be declared on every package of food.

9. Lot/Code/Batch identification: A batch number or code number or lot number which is a mark of identification by which the food can be traced to the manufacturer and identified in the distribution, shall be given on the label.

10. Date of Manufacture or packaging: The date, month and year in which the commodity is manufactured shall be given on the label.

11. Best before /Use by Date: The month and year in capital letters up to which the products are best for consumption should be given on the label.

12. Instruction for use: Optionally it shall be included on the label

Quality

FREE FATTY ACID VALUE (FFA)

The degree of hydrolysis of ghee during the storage is measured by their level of free fatty acid. After a month storage, there is a progressive increase in free fatty acid content.

1. BUTYRO REFRACTIVE INDEX(BRR)

By this test it is easy to find ghee is adulterated with any vegetable oil.

2. Baudoin Test (Detection of adulteration of ghee with vanaspathy)

This test is to identify the vanaspathy. Baudoin Test is a colour test for detecting the presence of sesame oil.

3. The Reichert/Meissl value- Shall be not less than 24. This number is useful indicator of non-fat compounds in edible fats, and is especially high in butter. The value is named after the chemists who developed it, Emil Reichert and Emerich Meissl.

Rancidity

Rancidity is a term generally used to denote unpleasant odours and flavours in foods resulting from deterioration of fat or oil portion of a food.

If rancidity is present in higher quantities, a potential health hazard

may develop. Daily consumption of rancid ghee increases the risk of degenerating diseases such as cancer; diabetes; Alzheimer's disease; and atherosclerosis, a condition in which artery walls thicken due to a buildup of fatty materials.

Side Effects of Artificial Food Colouring in ghee

There is ongoing debate about whether a link between artificial food coloring and attention-deficit disorder in children exists. Artificial food coloring makes your foods more appealing and desirable. Consumer advocacy groups and recent scientific research, however, have linked these food dyes to a number of potential health problems, most notably certain types of cancer in animals and attention-deficit disorder and hyperactivity in children and allergic Reactions.

Comments on Packaging and Labelling:

Deficient Label of Aavin: Of all the 20 Ghee Samples Tested, the label of Aavin Ghee container did not carry the Food Safety Standard Licence number as prescribed by the Food Safety Standard Regulation 2011 which is a mandatory requirement. Further the consumer contact number to be present as per Legal Metrology Rule 2011 is also missing. Hence it is the only sample scored the least rating "Poor" under packaging & Labelling.

Label Deficiency of RKG and AAC Brands:

The other two brands RKG and AAC could not score "Good" since they also did not carry Food Safety Standard Licence number which is an indication of compliance to Food Safety Standard Regulations 2011.

Other 17 brands scored good and very good as they complied statutory labelling provisions.

Comments on Health & Safety:

Udaya Krishna and AAC brands scored only "Fair" compared to other 17 brands which have scored Good and above. The presence of moisture in Ghee would accelerate deterioration ending in rancid smell.

Comments on Quality:

The Food Safety Standard Regulations 2011 insist minimum Reichert Value of 24 for Ghee which is a measure of Butyric acid and other short chain organic acids. Higher the Reichert Value indicates higher the presence of such acids which is a measure of higher quality.

The brands Udaya Krishna, Aavin, AAC, Revathi, Nand gokul, MGS, Durga and Vijaya pass the minimum required value of 24. But comparing the highest value of 30 their quality level is measured as low.

Over all Good quality in all respects:

Hutsun of Tamil Nadu, Milma of Kerala and Milky mist brand of Karnataka have scored Very Good in classification like Packaging & Labeling, and Quality. Nilgiris brand of Karnataka have scored very good in Packaging & Labeling and health & Safety.

Group A:

User perception study on Ghee samples was arranged with about 50 consumers. All of them were asked to answer series of questions pertaining to the name of brand, smell, price, colour and manufacturing Date & Best before date of the ghee they use and the reason for purchasing their regular ghee.

Observation on the use of ghee by the above consumers is tabulated as follows.

1. What do you look for while purchasing Ghee?

Total:49	No.of Consumers	Percentage (%)
Price	7	14
Manufacturing Date	14	29
Best Before Date	20	41
Colour	06	12
Smell	02	04

2. Do you give preference to any brand name while purchasing Ghee?

Total:38	No.of Consumers	Percentage (%)
Yes	28	74
NO	9	24
Not Answered	01	02

3. Mention the Quantity you purchase normally

Total:38	No.of Consumers	Percentage (%)
50 g	1	03
100 g	07	18
200 g	15	39
500 g	03	08
Not Answered	12	32

4. Do you purchase homemade (unbranded) Ghee?

Total:38	No.of Consumers	Percentage (%)
Yes	05	13
NO	32	84
Not Answered	01	03

5. Do you know that ghee may be adulterated with vanaspathy?

Total:38	No.of Consumers	Percentage (%)
Yes	29	76
NO	09	24

6. If yes, do you know the impact of vanaspathy on human health

Total:38	No.of Consumers	Percentage (%)
Yes	21	55
NO	12	32
Not Answered	05	13

7. Have you heard of or seen or purchased or used Vegetable ghee?

Total:38	No.of Consumers	Percentage (%)
Yes	17	45
NO	20	52
Not Answered	01	03

8. Do you look for quality mark before purchasing Ghee?

Total:38	No.of Consumers	Percentage (%)
Yes	31	81
NO	06	16
Not Answered	01	03

Agmark	24	77
ISO	01	03
Yes, but Not Answered	06	20

9. How would you judge the quality of ghee?

Total:38	No.of Consumers	Percentage (%)
Appearance	05	13
Smell	18	47
Taste	06	16
No Choice	09	24

10. Whom would you complain to for deficiency in quality of ghee?

Total:38	No.of Consumers	Percentage (%)
Shop-keeper	15	39
Spouse	02	05
Authorities	17	45
No Complaining	04	11

11. Why do you prefer Ghee in your diet?

Total:40	No.of Consumers	Percentage (%)
For taste	08	20
For Smell	03	08
Health Benefits	28	70
Do not know	01	02

Group A overall opinion about Ghee

- 41% of the consumers look for Best before date while 29% give preference to manufactured date.

1. Give your opinion about the colour of the Ghee given

Total:16	No.of Consumers	Percentage (%)
Light Yellow	10	63
Yellow	04	25
Dark Yellow	02	12

2. Is the smell like your regular Ghee?

Total:16	No.of Consumers	Percentage (%)
Normal	08	50
Less	08	50
No Smell	00	00

3. What food was prepared using the ghee?

Total:16	No.of Consumers	Percentage (%)
Kesari	01	06
Pongal	06	38
Along with Food	02	13
Doosai, Sambar Rice	01	06
Sweet	01	06
To Frying	01	06
Dhal & Green Rice	01	06
Payasam	01	06
Bread & Dosai	02	13

- 74% of the consumers prefer only branded ghee while the 24% non-branded items.
- 39% purchase 200gram pack while 18% go for 100 grams packet.
- 84% of the consumers did not prefer homemade ghee while 13% give purity to homemade items.
- 76% have the knowledge of adulteration of Ghee with Vanaspathy.
- 55% of the users have the knowledge about the impact of Vanaspathy on human health.
- 52% of the users have no idea about the vegetable ghee, (i.e) Vanaspathy sold in the name of ghee.
- 81% have the knowledge of quality mark and 77% preferred Agmark graded ghee while 3% looked for ISO.
- 47% informed that they judged the quality by smell, while 16% by taste.
- While 45% complain to authority 39% to the shopkeeper.

GROUP B:

50 Grams of the Ghee was distributed to 16 Women consumers for using and cooking to giving their remarks. Their views were tabulated as follows.

4. Did you feel anything different when cooking with this ghee?

Total:16	No.of Consumers	Percentage (%)
Smell	11	69
No Smell	04	25
Something different smell	01	06

5. Taste of the food using this ghee

Total:16	No.of Consumers	Percentage (%)
Good	07	44
Not satisfactory	05	31
No Difference	03	19
Not Answered	01	06

6. Did the ghee appear granular?

Total:16	No.of Consumers	Percentage (%)
Less	13	81
More	00	00
Normal	03	19

7. Did you see anything different in quality?

Total:16	No.of Consumers	Percentage (%)
Less	03	19
Same Quality	12	75

Excess	00	00
Not Answered	01	06

8. Which brand do you use?

Total:16	No.of Consumers	Percentage (%)
Brand Name	10	63
No Brand Name	05	31
Not Answered	01	06

9. Do you wish to use the given ghee again?

Total:16	No.of Consumers	Percentage (%)
Yes	05	31
No	09	56
Not Answered	02	13

10. How do you feel about your participation in this User Perception

Total:16	No.of Consumers	Percentage (%)
Useful	13	81
No Use	00	00
Not interested	02	13
Not Answered	01	06

Group B overall opinion after using the Ghee

- 63% of the consumers opinioned the colour of the ghee was light yellow while 25% yellow and 12% reported as dark yellow.
- 50% of the consumers reported the smell as normal.
- 38% informed that the Ghee was used for preparing Pongal while only 6% used for making sweets.
- 69% reported that they felt smell while using the ghee.
- 44% reported that the food prepared with Ghee was good while 31% gave unsatisfactory remarks.
- 81% people reported that in granules appeared less granular.
- 75% people used the same quantity of Ghee as their regular ghee.
- 63% had the habit of purchasing branded ghee.
- 31% of the people preferred to purchase the given ghee.
- 81% appreciated the user perception program.

Some Safety Tips for Ghee Users:

1. Indian restaurants and some households may use partially hydrogenated vegetable oil (also known as vanaspati, dalda, or "vegetable ghee") in place of ghee because of its lower cost.

This vegetable ghee may contain trans fat. Trans fats have been shown to increase the risk of coronary heart disease. Therefore be aware of purchase of ghee and ensure the purchased ghee is pure ghee .

2. Consume pure ghee if you are free from cardiovascular diseases, or not overweight.
3. The recommended amount of fat to be consumed in the entire day is 10 to 15 grams per person.
4. Completely avoid ghee if you are obese.
5. Ghee is made in the same manner as clarified butter but heated longer. Learn how to: make Ghee in your kitchen
6. The two things that will degrade ghee are water and sunlight.
7. Storage: Always store your ghee in a container with a good seal in the dark. It is best not to store ghee in the refrigerator if you are using it often. When you open it up to the warm air, water will condense on the ghee and cause oxidation. Ghee will keep its qualities 2-3 months if you keep it in an airtight container. When kept in a refrigerator, without opening, ghee can last up to a year. Properly made ghee, and properly stored ghee remains

- good and does not become rancid for several months at room temperature.
- All the moisture must have been removed.
 - After the moisture has evaporated, the milk-solids must have been toasted at 250° F till fully caramelized.
 - All the milk-solids must have been removed.
8. For long term storage, use an opaque container with an air tight closure and store in darkest cool dry place.
 9. 'Properly-made' ghee must meet all the three following criteria
 10. 'Properly-made' ghee must meet all the three following criteria
 11. The ghee must be butter-fat without any moisture and milk-solids.

COMPARATIVE TEST TEAM

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Kerala						
	Milma	Nambison	Saranam	RKG	Quality	
Packaging & Labelling	V.Good	Good	Good	Fair	V.Good	
Health & Saftey	Good	Good	Good	Good	Good	
Quality	V.Good	Good	Good	Good	Good	
MRP (in Rs)	49 / 100ml	64 / 100ml	88 / 200 ml	63 / 100 ml	119 / 200 ml	
Tamilnadu						
	Udhaya Krishna	Hatsun	Aavin	Sakthi	AAC	
Packaging & labelling	V.Good	V.Good	Poor	Good	Fair	
Health & Saftey	Fair	V.Good	Good	V.Good	Fair	
Quality	Fair	V.Good	Fair	Good	Fair	
MRP (in Rs)	56 / 100 ml	107 / 200 ml	80 / 200 ml	100 / 100 ml	57 / 100 ml	
Karnataka						
	Nandini	GRB	Milky Mist	Milgiris	Revathi	
Packaging & labelling	Good	Good	V.Good	V.Good	Good	
Health & Saftey	Good	Good	V.Good	V.Good	Good	
Quality	Good	Good	V.Good	Good	Fair	
MRP (in Rs)	81 / 200 ml	112 / 200 ml	100 / 200 ml	105 / 200 ml	109 / 200 ml	
Andhra						
	Nand Gokul	MGS	Durga	Heritage	Vijaya	
Packaging & labelling	Good	V.Good	Good	V.Good	V.Good	
Health & Saftey	Good	V.Good	V.Good	Good	V.Good	
Quality	Fair	Fair	Fair	Good	Fair	
MRP (in Rs)	96 / 200 ml	98 / 200 ml	98 / 200 ml	202 / 500 ml	200 / 500 ml	