



ROLE OF MILK AND MILK PRODUCTS IN DAILY CONSUMPTION

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Abstract:

Milk and milk products are an essential component of the human diet due to their rich nutritional content, including proteins, vitamins, and minerals. They play a crucial role in promoting overall health and well-being. This abstract discusses the significance of milk and milk products in daily consumption, highlighting their contribution to meeting the body's requirements for calcium, phosphorus, and vitamin D. It also explores their role in promoting bone health, muscle development, and overall growth, especially in children and adolescents. Additionally, the abstract examines the potential benefits of consuming milk and milk products for individuals of all ages, including their role in maintaining heart health and managing weight. Overall, this abstract emphasizes the importance of integrating milk and milk products into daily dietary practices for achieving optimal nutrition and fostering a healthy lifestyle.

Keywords: Milk, milk products, vitamins, cancer, harm of milk, sport, daily consumption

In old times, the capacity of people to process drain was restricted by childhood, as grown-ups did not create lactase (an chemical fundamental for the assimilation of lactose in drain). So individuals turned drain into cabin cheese, cheese, and other nourishments to lower their lactose levels.

Thousands of a long time back, a irregular change spread within the populace of European individuals, which permitted the generation of lactase in adulthood. It permitted the utilize of drain as a unused nourishment source, competent of supporting the populace when other nourishment sources were deficiently.

Pasteurized and sterilized drain. Drain is processed (pasteurized or sterilized) to extend its rack life and make it more secure for the buyer. New drain may contain microorganisms destructive to human health, which pass on after warming the item within the temperature run from +63 °C to 100 °C. Too, much appreciated to this, the drain does not turn acrid rapidly. Pasteurization is named after the French





researcher Louis Pasteur. For this prepare, the drain is to begin with altogether cleaned and cooled, and after that the pasteurization strategy is carried out in different ways:

- Delayed warming to +65 °C for approximately half an hour;
- Quick warming to +75 °C for half a miniature;
- Moment warming to +90 °C and sharp cooling (most of the destructive microorganisms in drain can not withstand sudden temperature changes).

Sterilization of drain takes place at temperatures of more than +100 °C, which permits you to annihilate all the microorganisms show within the item. In like manner, such drain has more noteworthy solidness and rack life. Ultra-pasteurization is additionally a high-temperature treatment, where drain is right away warmed to 135-140 °C and cleansed of all microscopic organisms.

But the drawbacks of these strategies are that such drain decreases the natural esteem of the item. Subsequently, such strategies are regularly utilized when making drinking and condensed drain, cream. As a run the show, the rack life of sterilized ultra-pasteurized drain can be up to a year (since it does not contain microbes that will lead to souring), and pasteurized milk-a greatest of two weeks.

The benefits of drain. Drain is an fabulous source of vitamins and minerals, particularly protein and calcium. The moment plays an vital part in bone wellbeing, muscle development, and nerve signals. Wellbeing specialists suggest getting sufficient calcium to avoid bone breaks and osteoporosis. A few producers brace cow's drain with vitamin D, another supplement that makes strides bone wellbeing. Drain and dairy items have a great adjust of protein, fat and carbohydrates and are hence an awfully vital source of fundamental supplements, counting:

- Calcium;
- Riboflavin;
- Phosphorus;
- Vitamins A and B12;
- Potassium;
- Magnesium;
- Zinc.

Potassium

Drain may be a source of potassium, which makes a difference widen bloodvessels and brings down blood weight. Getting more potassium whereas decreasing your sodium (salt) admissions can lower your blood weight, decreasing your chance of heart illness and stroke.If you totally avoid drain and dairy items from the eat less, this could lead to inadequately calcium admissions. This is often particularly





imperative for ladies over 50 and more seasoned grown-ups who have an expanded require for calcium. Calcium lack can lead to conditions such as osteoporosis (a malady that leads to bone loss). Researchers moreover say that there's a connect between daily milk utilization and a lessening within the movement of osteoarthritis – an serious infection that causes damage to cartilage and encompassing tissues.

Milk and cancer. Drain contains calcium and vitamin D – two supplements that will diminish the hazard of cancer. Calcium can ensure the intestinal lining and diminish the hazard of colon and rectal cancer.

The statement you provided attributes cancer-preventing benefits to calcium and vitamin D found in milk. However, it's important to note that while calcium and vitamin D are essential for overall health, the claim that they can definitively diminish the risk of cancer is not universally accepted in the scientific community. While some research suggests that calcium and vitamin D may have a protective effect against certain types of cancer, the evidence is not conclusive. It's always a good idea to consult with a healthcare professional for personalized advice on diet and nutrition, as well as cancer prevention strategies. If you have specific concerns about cancer prevention, it's important to discuss them with a healthcare provider.

Vitamin D may play a part in controlling cell development. A few considers recommend that these components may offer assistance diminish the chance of prostate and breast cancer.

Drain and sports. Fair as cow's drain makes a difference youthful calves create rapidly and pick up weight, it can moreover advance development and pick up muscle mass in people. Cow's drain is an fabulous source of high-quality protein containing all basic amino acids for individuals who work out.

Drain and tooth decay. Milk and dairy items decrease the chance of tooth rot. For case, eating cheese and other dairy items:

- Decreases the corrosiveness within the mouth (which causes tooth rot);
- Fortifies the surge of spit;
- Decreases plaque buildup;
- Diminishes the rate of caries (tooth rot).

Cow's drain sensitivity

An hypersensitivity to cow's drain and related dairy items happens in one in 50 children and is diverse from lactose bigotry. Exceptionally few grown-ups are unfavorably susceptible to cow's drain. Individuals who are unfavorably susceptible to cow's drain may also be unfavorably susceptible to the drain of other creatures, such as goat or sheep. If a individual has an unfavorably susceptible response, it is as a rule due to one or more proteins within the drain. Goat's drain proteins are closely





related to cow's drain proteins, so supplanting one sort of drain with another usually doesn't help.

Drain sensitivity is more often than not found in exceptionally youthful children, but most of them tend to induce over it or create a resistance to drain.

Lactose bigotry. Lactose could be a sort of carbohydrate or sugar that's normally found within the drain of any well evolved creature, counting people. Ordinarily, the little digestive system chemical lactase breaks down lactose so that it can be ingested into the bloodstream. Some individuals don't deliver sufficient lactase. When they drink drain, undigested lactose is broken down by microscopic organisms in their expansive digestion tracts, causing gas, bloating, torment, and loose bowels. This condition is called "lactose intolerance." A individual may be born with lactose narrow mindedness, or it may create in afterward life. On the off chance that you think you're lactose narrow minded, contact your specialist. Drain is an vital wholesome component of the day by day slim down, so individuals with lactose intolerance ought to not totally deliver up milk. If a individual has a conclusion of "lactose intolerance", you'll be able utilize drain without lactose or proceed to utilize customary drain, but in littler quantities. Anyone who is unfavorably susceptible or bigoted to cow's milk can also try healthy alternatives to cow's milk: for example, a number of substitutes are available in stores: such as almond, soy, coconut, hemp and oat milk.

Harm of milk. Although dairy products are high in vitamins and nutrients, there are studies that show that high consumption of dairy products, such as low-fat milk and cheese, can increase the risk of prostate cancer and breast cancer. Also, despite the benefits of calcium, some scientific evidence has linked excess intake of this element with an increased risk of prostate cancer, and high content and consumption of vitamin D from milk – with an increased risk of pancreatic cancer. Excess calcium, or hypercalcemia, can cause constipation, kidney stones, or kidney failure. This rarely happens just because of the dairy diet, but it can be dangerous when a person takes calcium supplements. Studies also show that eating fatty dairy products, such as butter, can increase the risk of developing brain problems and inflammation. Dairy products are high in saturated fat. The American Heart Association (AHA) notes that eating too much saturated fat can raise cholesterol levels, increasing the risk of heart disease and stroke. The AHA recommends that people get no more than 5-6% of their calories from saturated fat. The Centers for Disease Control and Protection (CDC) says infants should not drink cow's milk until they are 12 months old. This is because cow's milk contains too many proteins and minerals that cannot be processed by the baby's kidneys, and can put them at risk of intestinal bleeding. The potential health risks associated with high consumption of dairy





products, particularly in relation to cancer and other health conditions, have been the subject of ongoing scientific research and debate.

Several studies have suggested potential links between high consumption of dairy products and an increased risk of certain types of cancer, such as prostate and breast cancer. However, it's important to note that the overall evidence in this area is not conclusive and further research is needed to fully understand these relationships. Similarly, while calcium is an essential nutrient for bone health, excessive intake of calcium has been associated with potential increased risks of prostate and pancreatic cancer. It's important to achieve a balance in calcium intake, either through dietary sources or supplementation, and to consider individual health factors. The link between fatty dairy products, such as butter, and potential risks for brain health and inflammation is also an area of ongoing research. It's important to consider the overall dietary pattern and lifestyle factors when evaluating the potential impact of specific foods on health outcomes. As with any health-related information, it's important for individuals to consult with healthcare professionals and consider comprehensive dietary patterns and lifestyle choices when making decisions about their health. It's also important to stay informed about developments in this area, as ongoing research may provide further insights into the relationship between dairy consumption and health outcomes.

According to Searchers, the daily consumption rate of milk and other dairy products in the aggregate should not exceed 500 milliliters (about 500 grams). For children aged 4 to 7, this number is somewhere around 350 grams, and for those aged 7 to 9, it is about 400 grams. From 10-12 years of age, the rate of consumption of dairy products is the same as for adults.

Recommendations

The organization recommends that a healthy adult consume two glasses of milk and liquid fermented milk products per day. She also advises eating about 20 grams of cheese a day, no more than 10-12 grams of butter, and eating about 30 grams of cottage cheese.

It should be remembered that the name of dairy products made using milk fat substitutes (with a substitution of no more than 50%) should begin with the words "Milk-containing product with a milk fat substitute". Consumer packaging must contain information about the presence of vegetable oils in the product.

When buying packaged dairy products, pay attention to their appearance. The packaging must not be swollen or damaged or open. When choosing milk and dairy products, recommends:





- Purchase milk and dairy products only in places where there is refrigeration equipment and information about the product and its manufacturer;
- Do not purchase products from individuals who sell dairy products without veterinary and sanitary documents, in unidentified places;
- Observe the storage conditions and shelf life of milk and dairy products established by its manufacturer;
- Raw milk must be boiled before use;
- Preference should be given to milk and dairy products in industrial packaging.

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