

Why Milk and Milk products an essential need for our daily life?

While drinking [milk](#) it gives more calcium and protein. Improves bones to be stronger. here are the milk and milk products which included milk, butter, cheese, ice cream and paneer.

Introductions:

Milk, usually everyone knows, is a kind of fluid which is to be drunk by younger ones to the elderly.it is necessary to make a habit of drinking milk everyday . We can call “the Bowl of nutrition” a main source of vitamins and minerals mainly containing calcium and phosphorus. It is to be considered a micronutrient food which is necessary for a [balanced diet](#). Dairy products are a source of essential nutrition with proven health benefits.



Types of modified milk and dairy products



Full cream milk(Whole milk):

we can say that it is a fresh milk that is brown from cow or buffalo; the fat contents are not removed. This type of milk had more than 3.5% of fat and it provide more amount of essential nutrients for body building. If someone loses the weight this type of milk is most preferable; this milk is also pasteurised.

Skimmed milk:

This type of milk removes fat content and there will be only 0.01% of fat from whole milk. It is a better choice for those who are overweight and are likely to eat Saturated fat here. If we remove the fat there will be a loss of vitamins A and D and these vitamins are added later after removal of fat.

Lactose free milk:

Many people are facing digestive distress like diarrhoea, vomiting and stomach pain due to more lactose intolerance. This milk would give a solution for this kind of symptoms, so it contains an enzyme called lactase which neutralizes the lactose (disaccharides complex sugar).

Toned milk:

is slightly modified from traditional cow or buffalo milk and it contains highly nutritious milk that is most suitable to drink for calcium and protein deficiency.

Curd:

is a healthy thing which can be taken with rice, obtained by coagulation method by adding acid (lemon or lactic) and it contains a wide variety of bacteria [lactobacillus](#) and lactococcus which are necessary for digestion. Is a natural probiotic, thus improving the immune and digestive system. Instead of fresh milk, pasteurised milk is suitable to make curd.

Butter:

is a made up composition of fat and protein, is the best example for emulsion, approximately it contains 80% of fat and it is solid at room temperature and liquid at 32 to 35 °C, generally it is pale yellow in colour.

Ghee:

Is obtained by simmering [butter](#). The method used here is bilona. It contains palmitic acid and oleic acid were two main fatty acids found here. The fat amount is about 99.8g, and the protein amount is 0.2g. Here it contains more potassium than calcium.

Ice cream:

While using milk it gives a taste to traditional cream by churning and chilling method, is not part of a balanced diet when it exceeds the limit may cause fat stored in atries, weight gain, cavities and level of blood triglyceride is increased. Is a high calorie source and contains carbohydrates, fats.

Vitamins and minerals present in milk and its benefits.



Calcium:

is an excellent source of milk mainly supplied to the bones and teeth, with a heated range between 20 to 80°C if it exceeds ionic calcium it decreases. Is important to keep bones and teeth strong to lead a better life, supporting muscle movements, releasing hormones, if deficiency of calcium may cause osteoporosis. so adult men to take 1000 mg and adult women to take 1200mg to be needed. 300 gm of calcium is present in 1 cup of milk.

Phosphorous:

In our body about 85% of phosphorus is found in bones and teeth, a smaller quantity in cells and tissues. It is the second most element present in our body that helps in kidney functioning, store the energy and its uses, repair the damaged tissue, play a major role in RNA and DNA formation, helps in metabolism. Deficiency of phosphorus causes [hypothyroidism](#). To overcome this you should take 1cup of milk as it contains 200 to 400 mg of phosphorus at a total percentage of 24.6%.

Riboflavin:

is another name for vitamin B2. It helps in body growth, in red cell production, easy function of the cells, helps to turn food into energy. The deficiency can cause fatigue, swollen throat and depression, and help to convert carbohydrates into ATP.

Potassium:

Sometimes it is known as an electrolyte which carries small electric charges. It helps smooth the function of muscles and heart , improves blood circulation. While one cup of milk contains 322 mg of potassium level, it may cause heart palpitations, shortness of breath and chest pain.

Magnesium:

It plays a major role in the body, nerve function, supporting muscles, low levels can increase blood pressure, heart diseases, diabetes, control blood glucose level and also in the protein synthesis.

Zinc:

Is found in cells needed for the immune system to work properly; it plays a major role in cell division , healing wounds and in synthesis of carbohydrates. It is the second most abundant mineral present in our body after iron.

Iodine:

usually milk contains 33 to 534 µg/l of iodine human needed for normal thyroid function and production of thyroid hormone balances, elevating brain activity.

Vitamin A and D:

Vitamin A is fat soluble and helps in absorption of calcium, phosphorus and vitamin D will reduce the growth of cancer growth cells, regulating renal function.

Conclusion:

Milk in our daily diet is a major food which contains protein, carbohydrates, minerals and vitamins. If we want a healthy life, we should drink milk and eat milk products. Some research says that 12 to 24 month old babies should drink 2 to 3 cups of milk everyday. Who are overweight can drink fat free milk and those with a lean body can drink whole milk. Everyone knows the importance of milk in our daily life. The government runs many programs for schools and anganwadis to improve nutrition in children and their growth by supplying quality milk and its products.