



Nutritional requirements of milk and dairy products

Daniel Ruzek*

Department of Food Science, Collage of Agriculture, Shanghai Ocean University,
Shanghai, China.

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DESCRIPTION

Milk is an excellent source of calcium and other essential nutrients. There are many processed dairy products such as skim milk and lactose-free milk. Milk and other dairy products are associated with many health problems. Lactose intolerance is caused by an inability to digest the natural sugars in milk, but most people can tolerate small amounts of milk. Is preferable to soft drinks and fruit drinks, but should be consumed in small amounts due to its high sugar content. Milk is a highly nutritious liquid produced by the mammary glands of mammals and is it feeds the new born for several months. A variety of foods are made from milk, including cheese, cream, butter, and yogurt. These foods are called dairy or dairy products and are an important part of the modern diet.

Many people know that dairy products are an important source of nutrition for growing children and adolescents. It is an excellent source of protein, calcium and vitamins for Dairy products are rich in essential vitamins and minerals, including carbohydrates, protein, calcium, phosphorus, potassium, vitamins A, D, B12, riboflavin and niacin. Just 8 ounces of milk has 8 grams of protein to build and repair muscle tissue (the same amount of almonds in

his drink has only 1 gram of protein). Different sieving and mixing techniques can be used to process milk into different products. Before the milk is bottled, all fat is removed (defatted) and reconstituted in specific amounts to produce milk with varying fat percentages. It contains the same essential nutrients, including protein, vitamin D and calcium, regardless of the percentage of milk fat we choose. Food functions are specifically fulfilled by nutritionally important ingredients such as proteins, carbohydrates, lipids, minerals, vitamins and water.

Milk is the preferred choice for most people. It provides 67 kcal and has a protein content of 3.2 grams per 100 milliliters. Milk proteins include casein (about 80%) and whey (about 20%). Whey is more nutritious than casein. After the fat and casein have been removed from the milk, the milk is primarily composed of whey, which includes soluble milk salts, lactose, and residual milk protein. Whey protein is composed of many specialized proteins. The most important of these are beta-lacto globulin (50% of whey) and lactic acid. While milk protein has high biological value, unlike egg protein, it lacks sulfur-containing amino acids.

The protein found in milk has a balanced amino acid profile and excellent digestibility, making it a natural choice when it comes to nutrition for our family. Casein, found in milk, binds with calcium to form case beans. Increase. The high percentage of calcium and casein in cow's milk makes it more difficult to digest than breast milk. Some people cannot drink fresh milk because they are lactose intolerant, but they can drink sour milk because it is low in lactose.