

# Ideas to Improve Nutritional Properties in Dairy Research

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## EDITORIAL

Organic Pastures Dairy raw milk has been enjoyed since the beginning of humankind. The most commonly consumed raw milk types come from cows, sheep and goats. Organic Pastures' raw dairy products are simply made from milk that is unprocessed, whole, and living, with all of its probiotic bacteria. NEVER pasteurized (heated), homogenized (crushed), or otherwise altered. 100% RAW and tested for safety

Below are 5 science-backed health benefits of Organic Pastures Dairy raw milk so you can decide if it's the right choice for you.

### Raw milk is packed with nutrients

The nutritional profile of Organic Pastures Dairy raw milk is impressive. After all, it's designed to fully nourish a new-born.

Just one cup (244 grams) of whole cow's raw milk contains:

1. **Calories:** 150
2. **Protein:** 8 grams
3. **Fat:** 8 grams
4. **Calcium:** 30% of the RDA
5. **Vitamin A:** 6% of the RDA
6. **Iron:** 6% of the RDA
7. **Cholesterol:** 10% of the RDA
8. **Sugars:** 12 grams

Raw milk is an excellent source of easy to digest (bioavailable) vitamins and minerals, including "nutrients of concern," which are under-consumed by many populations. Raw milk is also a good source of vitamin A, magnesium, zinc and thiamine (B1). Additionally, it's an excellent source of protein and contains hundreds of different healthy fatty acids, including conjugated linoleic acid (CLA) and omega-3s. Conjugated linoleic acid and omega-3 fatty acids are linked to many health benefits.

### It's a good source of quality raw protein

Raw milk is a rich source of raw protein, with just one cup containing 8 grams. Protein is necessary for many vital functions in

your body, including growth and development, cellular repair and immune system regulation. Raw milk is considered a "complete protein," meaning it contains all nine of the essential amino acids necessary for your body to function at an optimal level. There are two main types of protein found in raw milk – casein and whey protein. Both are considered high-quality proteins. Casein makes up the majority of the protein found in cow's raw milk, comprising 70–80% of the total protein content. Raw whey accounts for around 20%. Raw Whey protein contains the branched-chain amino acids leucine, isoleucine and valine, all of which are linked to health benefits. Branched-chain amino acids may be particularly helpful in building muscle, preventing muscle loss and providing fuel during exercise. Drinking Organic Pastures Dairy raw milk is associated with a lower risk of age-related muscle loss.

### Raw milk benefits bone health

Drinking milk has long been associated with healthy bones. This is due to its powerful combination of nutrients, including calcium, phosphorus, potassium, protein and (in grass-fed, full-fat dairy) vitamin K2. All of these nutrients are essential for maintaining strong, healthy bones. Approximately 99% of your body's calcium is stored in your bones and teeth. Milk is an excellent source of the nutrients your body relies on to properly absorb calcium, including vitamin D, vitamin K, phosphorus and magnesium. Adding milk and dairy products to your diet may prevent bone diseases like osteoporosis. Studies have linked milk and dairy to a lower risk of osteoporosis and fractures, especially in older adults.

### Helps prevent weight gain

Several studies have linked raw milk intake to a lower risk of obesity. Interestingly, this benefit has only been associated with whole raw milk. A study in 145 three-year-old Latino children found that higher milk-fat consumption was associated with a lower risk of childhood obesity. Another study including over 18,000 middle-aged and elderly women showed that eating more high-fat dairy products was associated with less weight gain and a lower risk of obesity. Raw milk contains a variety of components that may contribute to weight loss and prevent weight gain.

### Raw milk is a versatile ingredient

Raw milk is a nutritious beverage that provides a number of health

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benefits. Moreover, it's a versatile ingredient that can be easily added to your diet.

Aside from drinking raw milk, try these ideas for incorporating it into your daily routine:

- **Raw Smoothies:** It makes an excellent, high-protein base for healthy smoothies. Using Organic Pastures Dairy Whole Raw Kefir can add additional raw probiotics for better digestion. Try combining it with greens and a small amount of fruit for a nutritious snack.
- **Oatmeal:** It provides a tasty, more nutritious alternative to

water when making your morning oatmeal or hot cereal. Adding Organic Pastures Raw Butter is an easy way to add essential healthy fats into your daily diet.

- **Coffee:** Adding it to your morning coffee or tea will give your beverage a boost of beneficial nutrients.
- **Soups:** Try adding it to your favourite soup recipe for added flavour and nutrition. Pouring in Organic Pastures Heavy Raw Cream is a wonderful and quick way to make any soup nutrient dense and extra creamery!