

Nutrition Properties in Dairy

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COMMENTARY

Milk has a unique combination of 9 essential nutrients: protein, calcium, phosphorus, vitamins A, D, and B-12, riboflavin, niacin and pantothenic acid. Each of these nutrients is a key ingredient of milk, and they all work together to help keep our bodies healthy. The Dairy Group provides many nutrients including calcium, phosphorus, vitamin A, vitamin D (in products fortified with vitamin D), riboflavin, vitamin B-12, protein, potassium, zinc, choline, magnesium, and selenium. Improved bone health: Dairy foods are a good choice for maintaining strong bones due to their high protein, vitamin D and calcium content. The calcium in milk is easily absorbed and used in the body, which is why milk and dairy foods are reliable sources of calcium.

Eggs are not a dairy product. It's as simple as that. The definition of dairy includes foods produced from the milk of mammals, such as cows and goats. While eggs may be stored in the dairy aisle and are often grouped with dairy, they're not a dairy product. Dairy foods and proteins from milk are often thought to cause inflammation in the body. According to new research, dairy foods and milk proteins do not cause inflammation, and in some cases, even combat inflammation. When it comes to plant-based, non-dairy milks—like almond milk, rice milk, soy milk, coconut milk or hemp milk—many people don't realize these beverages, even the ones you might view as the healthiest non-dairy milk options, don't always have the same naturally occurring nutrients as real, dairy milk. Milk and other dairy products are the top source of saturated fat in the

American diet, contributing to heart disease, type 2 diabetes, and Alzheimer's disease. Studies have also linked dairy to an increased risk of breast, ovarian, and prostate cancers.

So when dairy is cut out, bloating can decrease. "This is due to the fact that many people lack lactase, the enzyme needed to properly digest cow's milk," nutritionist Frida Harju-Westman explained to *Cosmopolitan*. "If you cut out dairy, you may find that your digestion improves, perhaps making you feel less bloated. If you notice bloating, changes in bowel movements, or any other type of digestive upset after eating dairy, this could be a red flag that dairy causes inflammation for you. Then, note other symptoms, like increased mucus production. We provide sound evidence that diclofenac 150 mg/day is the most effective NSAID available at present, in terms of improving both pain and function. It's packed with important nutrients like calcium, phosphorus, B vitamins, potassium and vitamin D. Plus, it's an excellent source of protein. Drinking milk and dairy products may prevent osteoporosis and bone fractures and even help you maintain a healthy weight. Dairy products are important for building healthy bones and for maintaining a healthy weight. Dairy products are also healthy for your teeth and gums by reducing your risk for gum disease. Dairy products are high in calcium, vitamin D, vitamin A, magnesium, zinc, and protein. The healthiest dairy products come from cows that are grass-fed and/or raised on pasture. Their milk has a much better nutrient profile, including more beneficial fatty acids and fat-soluble vitamins – particularly K2. Fermented dairy products like yogurt and kefir may be even better

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