

## The Impact of Dairy products in Day to Day Lives

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### DESCRIPTION

Dairy products have served as an essential food in the lives of many people. These products include milk, cheese, yogurt, and butter, among others. They are a rich source of essential nutrients such as calcium, protein, vitamin D, and vitamin B12, which are necessary for overall health and well-being [1]. However, there has been some debate in recent years about the impact of dairy products on health, with some studies suggesting that they may have negative effects. This study explores the relationship between health and dairy products.

One of the main arguments against dairy products is that they are high in saturated fat, which has been linked to an increased risk of heart disease. However, recent studies have challenged this notion, suggesting that saturated fat may not be as harmful as previously thought [2,3]. In fact, some studies have found that consuming full-fat dairy products may actually be beneficial for heart health. For example, a 2018 study published in *The American Journal of Clinical Nutrition* found that higher consumption of whole-fat dairy products was associated with a lower risk of cardiovascular disease.

Another concern about dairy products is their potential impact on bone health [4-8]. It is well-established that calcium is essential for strong bones, and dairy products are an excellent source of this mineral. However, some studies have suggested that high consumption of dairy products may actually increase the risk of fractures. This has led to concerns that dairy products may not be as beneficial for bone health as previously thought. However, other studies have found that dairy consumption is associated with higher bone density and a lower risk of fractures, particularly in older adults. A 2017 study published in the *Journal of Bone and Mineral Research* found that higher dairy intake was associated with higher bone mineral density in men and women.

In addition to concerns about heart and bone health, some people avoid dairy products due to lactose intolerance or dairy allergies [9,10]. The inability of the body to process lactose, a sugar present in milk and other dairy products, is known as lactose sensitivity. Bloating, flatulence, and diarrhoea are some signs. Dairy allergies are less common but can be more severe,

with symptoms ranging from hives and swelling to anaphylaxis. For individuals with these conditions, avoiding dairy products is necessary for their health and well-being.

Despite these concerns, dairy products remain an important source of essential nutrients for many people. For example, milk is an excellent source of calcium, vitamin D, and protein, which are all essential for overall health [11-13]. Additionally, cheese is an excellent provider of calcium and protein. Furthermore, dairy products are frequently supplemented with additional minerals like vitamin B12 and vitamin A, which can be hard to find in other foods [14].

### CONCLUSION

In conclusion, the relationship between health and dairy products is complex, and there is no one-size-fits-all answer. While some studies suggest that dairy products may have negative effects on heart and bone health, others suggest that they may be beneficial. Additionally, some individuals may need to avoid dairy products due to lactose intolerance or dairy allergies, while others may benefit from including them in their diet. Ultimately, the decision to consume dairy products should be based on individual needs and preferences, and it is important to consult with a healthcare provider or registered dietitian to ensure that nutrient needs are being met.

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**Received:** 27-Feb-2023, Manuscript No. ADR-23-23244; **Editor assigned:** 03-Mar-2023, Pre QC No. ADR-23-23244(PQ); **Reviewed:** 17-Mar-2023, QC No. JER-23-23244; **Revised:** 24-Mar-2023, Manuscript No. ADR-23-23244(R); **Published:** 31-Mar-2023, DOI: 10.35248/2329-888X.23.11.622

**Citation:** Cosima C (2023) The Impact of Dairy products in Day to Day Lives. *J Adv Dairy.*11.622

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