

Chapter 1 : Is Milk Good for Your Teeth? | Colgate® Oral Care

Milk is a good source of both protein and calcium. Thankfully, it's not the only source. You would have to drink three servings to get the recommended daily calcium amounts.

Nutrition 6 Proven Benefits of Goat Milk Admittedly it can be very difficult to stay on top of all the latest health news. Something that was good for you a short time back is now potentially bad for you. The study which was conducted in Sweden tracked over 10, people for between 20 and 30 years and what they found might come as a huge surprise to many. According to the research, those who drank milk regularly were more at risk of heart disease and more likely to develop cancer. And that is not all; women who drank milk were significantly more prone to bone fractures than those who did not which is a far cry from the claims that milk helped strengthen our bones. Almond and soy milk have many admirers and we have already written an article about the many health benefits of hemp milk here. For those of you who would prefer a more traditional animal milk, then we have another suggestion – goat milk. It may not be that popular in the West but is an important component of the diet in many areas of the world. It is delicious, packed with nutrition and brings considerable health benefits to the table. Goat Milk Nutritional Facts Goat milk is a nutritional powerhouse being full to the brim of healthy minerals and vitamins. And for those of you worried about losing out on your calcium intake, there is more good news. What are the Benefits of Drinking Goat Milk? People with mild forms of lactose intolerance may also benefit from goat milk. Low in Cholesterol but High in Calcium When you think about milk, your mind immediately thinks about calcium and you may be concerned that drinking less milk will have a negative impact. Studies have demonstrated that not only does goat milk help reduce bad cholesterol levels but it can actually increase the good variety of cholesterol in your blood. This is significant because medium-chain fatty acids are linked to the prevention of heart disease and the treatment of many intestinal conditions as well as various other complaints. And that is not all they are good for; these fatty acids are more effectively used by the body as energy rather than being stored away in the shape of body fat. It is Good for the Skin The medium-chain fatty acids as well as the triglycerides that you get from goat milk not only maintain your internal health but they can also help you to look good. These compounds contained in goat milk have moisturizing actions which your skin will appreciate. You may well notice that your skin starts to feel softer and smoother and appear much healthier. Some studies have demonstrated that if you drink goat milk its important minerals like calcium, iron, phosphorus, and magnesium are digested more readily. According to research published in , this means that goat milk may offer a potential treatment for various forms of nutritional deficiency including bone demineralization and anemia. Those with neurodegenerative disorders can also benefit from its high levels of selenium and zinc. These reactions that can continue into adulthood include runny nose, hives, stomach cramps and colic. Research has also linked the protein to autoimmune disorders, and skin complaints like acne and eczema. Instead, it has another protein called A2 casein which is not linked to any of the negative reactions or inflammatory effects associated with cow milk. For this reason, goat milk is considered to be the closest approximation to breast milk when it comes to protein content. One study found that it was less likely to cause an allergic reaction if it was drunk by infants as the first form of milk after breastfeeding had stopped. Probably the biggest advantage of consuming goat milk is its benefits on digestive health. Digestive problems like IBS and leaky gut syndrome are very common and goat milk being more readily digested is a great option for people with digestive issues. Another advantage is that goat milk is tolerated better by people who are lactose intolerant. It is also less likely to cause inflammation than regular cow milk. Goat milk does not contain as many allergens as cow milk making it an excellent choice for young children once they have finished breastfeeding. Goat milk is not as readily available in the West and as a result, may be significantly more expensive. Many people also find the smell and the taste slightly off-putting at first. Goat milk is definitely an acquired taste. Cost and convenience is the first advantage of drinking cow milk. A2 casein milk produced by Guernsey and Jersey cows offers many of the same benefits for digestive health as people receive from goat milk. Most people are very familiar with the taste and smell of fresh cow milk and find it very difficult to replace with another form of milk. If you are one

of those people, raw cow milk is a better option for your health than the common pasteurized variety. Raw milk has a number of health benefits above pasteurized milk including fewer allergens, weight loss, and skin benefits. Regular cow milk is much harder for the body to fully digest. While goat milk is digested in 30 minutes or so, it can take several hours for your body to fully digested cow milk. People with digestive health issues like IBS and leaky gut should also probably stay clear of regular dairy milk. If you feel ready to make the switch and introduce goat milk into your diet, there are several options of goat milk available. Raw goat milk is harder to come by but is becoming increasingly available at health stores. If you can not find the raw variety, there are many other options. You can often find goat milk in certain fermented products. Fermented foods are notable for their ability to increase the number of good bacteria in your gut and help you to absorb nutrients more effectively. Kefir is a popular fermented product with a number of probiotic benefits. You can purchase kefir made with goat milk to enjoy all of the benefits of goat milk. You can drink kefir on its own or use it as an ingredient in dishes that require yogurt. Goat milk yogurt offers substantial probiotic benefits and can help support gastrointestinal health. It can also promote weight loss, protect against diabetes and help lower blood pressure. The Bottom Line Goat milk is an excellent, healthy alternative to regular cow milk. It may take you a little while to get used to the difference in taste but we think it is delicious. If you can not get used to its taste, you could try a fermented product like kefir or yogurt made with goat milk. It is also more readily absorbed by your body meaning that you will enjoy its nutritional benefits even more. People with digestive problems or people who are lactose intolerant can certainly benefit from making the switch. Give it a try and let us know what you think of it.

7 Reasons Milk Is Bad For You. As it turns out, that's because dairy "especially cow's milk" just isn't very good for your health, and most of us aren't made to process it.

It can be highly beneficial or highly detrimental. Physicians emphasize the importance of plenty of milk for young bodies, and dairy products have long been a part of the standard food pyramid taught to our children and therefore, perpetuated. Shoppers have options, and now need to be educated and picky about their daily moo juice. Milk from many animals, particularly cows, has long been a regular food staple for many, but not all, cultures. It provides other food sources such as cheese, yogurt, butter and kefir and is a source of protein, vitamin D and calcium. Lactose is a sugar usually digested in the intestinal tract. Many people lack or lose the ability to digest lactose and will suffer from significant bowel cramping, bloating or even loose bowels upon consuming dairy products. This problem can be overcome to some degree by replacing the lost enzyme as an oral supplement. Dairy is one of the most commonly reported food allergies [Source: Rona , Nowak-Wegrzyn]. Even when not seen as a specific allergy, milk is frequently not tolerated by the gastrointestinal tract [Source: This is a problem that can extend beyond lactose intolerance. For many, milk can cause bloating, constipation and even reflux. Clinically, milk may also be linked to increased eczema , worsening sinus problems, migraine headaches and joint pain [Source: Milk is considered a mucus-producing food and is clinically thought to aggravate congestion. One Johns Hopkins physician, Dr. Frank Oski, has even written a book that shares his experiences of decreased rates of strep throat infection once children removed milk from their diets [Source: Often, these conditions resolve or improve when milk is removed or eliminated from the diet. Milk cows are given growth hormones to increase their milk production and antibiotics to decrease infections. These materials become contaminants in the milk and their impact on the human body is not entirely known. Look for containers that clearly state that the cows used to produce the milk were not given any hormones or antibiotics. Organic milk may mean no hormones in one case and no antibiotics in another, or that the cows were fed organic grain. Even large consumer companies such as Kroger and Starbucks are offering hormone-free dairy products. You should also choose milk from grass-fed cows. While most cows will graze on grass at some point in their lifetime, many will be shifted to some other feed source to increase their size and milk production. Cattle rely on an internal system that is uniquely adapted to the processing of grasses as their major food source. Other types of food, such as corn, will fatten up the cow and make them less healthy. This carries over to both the meat and the milk. Cows fed exclusively grass will themselves be healthier and produce healthier milk. Another growing trend in nutrition is a return to raw milk, which has not been pasteurized. Pasteurization is the process of heating milk at very high temperatures to destroy bacteria. Many argue that this exposure to high heat also damages the natural structures of the proteins in the milk, making them harder to digest. A study focusing on children raised on a farm showed decreased allergies due to exposure to high levels of bacteria [Source: Debarry], in addition, data suggests a protective effect of raw milk in regards to allergies [Source: Raw milk is a source of propionibacterium, a group of bacteria that is thought to help benefit the health of the intestinal tract [Source: Clearly, the source of any raw milk product will have a direct effect on its quality. Take the time to understand what safeguards have been made at that particular dairy to keep the facility clean and the cows as healthy as possible. States vary on the legality of raw milk products, and those interested should investigate what is available in their state [Source: Listen to what your body is telling you about milk consumption, and always respect the answer that is given.

Chapter 3 : 6 Proven Benefits of Goat Milk - Healthy Focus

If you've "got milk" (and cheese, yogurt, and ice cream), you've likely got a host of health problems awaiting you, too. The next time you see one of those ever-present ads from the dairy industry, here are 12 good reasons to answer, "Nope!"

In addition, the high milk-drinkers did not have improved bone health. In fact, they had more fractures, particularly hip fractures. Interestingly, the study also found that fermented milk products cheese and yogurt significantly decreased mortality and fractures among these women. The researchers pin the negative effects of liquid milk on D-galactose, a breakdown product of lactose that has been shown to be pro-inflammatory. Milk has much more D-galactose than does cheese or yogurt. Course dates are approaching fast! Sign up today for the Plant-Based Nutrition Certificate. I am surprised that this study garnered so much mass media attention upon its release, as it highlights the deleterious side of milk, but I also think it is important to keep the findings in context. And when it comes to the health effects of dairy, the context is not so pretty: In observational studies both across countries and within single populations, higher dairy intake has been linked to increased risk of prostate cancer [2]. Observational cohort studies have shown higher dairy intake is linked to higher ovarian cancer risk [2]. Across countries, populations that consume more dairy have higher rates of multiple sclerosis [4]. In interventional animal experiments and human studies, dairy protein has been shown to increase IGF-1 Insulin-like Growth Factor-1 levels. Increased levels of IGF-1 has now been implicated in several cancers [5]. In interventional animal experiments [6] and human experiments [7], dairy protein has been shown to promote increased cholesterol levels in the human studies and animal studies and atherosclerosis in the animal studies. The primary milk protein casein promotes cancer initiated by a carcinogen in experimental animal studies [8]. D-galactose has been found to be pro-inflammatory and actually is given to create animal models of aging [1]. Higher milk intake is linked to acne [9]. Milk intake has been implicated in constipation [10] and ear infections [2]. Milk is perhaps the most common self-reported food allergen in the world [11]. So despite being very pleased that the public is glimpsing some of the evidence against milk in this recent study though they also could be hearing about the benefits of cheese and yogurt from this same study, I think there is a far more powerful story; a story that takes into account the largely hidden context of diet and dairy research. There is a wealth of indirect evidence of very serious possible harms of consuming dairy foods, and, on the flip side, the evidence that milk prevents fractures is scant. As we look beyond the headlines, it is hard to think that we should continue to consume the lactation fluid that exists in nature to nourish and rapidly grow calves. Milk intake and risk of mortality and fractures in women and men: Should dairy be recommended as part of a healthy vegetarian diet? The American journal of clinical nutrition ; Correlation between milk and dairy product consumption and multiple sclerosis prevalence: Diet, insulin-like growth factor-1 and cancer risk. Proc Nutr Soc Dietary protein, cholesterol and atherosclerosis: The Journal of nutrition ; Effect of two types of soy milk and dairy milk on plasma lipids in hypercholesterolemic adults: Journal of the American College of Nutrition ; Int J Dermatol ; Italian journal of pediatrics ; The prevalence of food allergy: J Allergy Clin Immunol ; You Might Also Like.

Chapter 4 : 12 Frightening Facts About Milk - Center for Nutrition Studies

Pasteurization is the process of heating milk at very high temperatures to destroy bacteria. Many argue that this exposure to high heat also damages the natural structures of the proteins in the milk, making them harder to digest.

Calcium Calcium has many functions in the body. Its primary job is to develop and maintain healthy bones and teeth. It is also important for blood clotting and wound healing, maintaining normal blood pressure and muscle contractions, including heartbeat. It may help reduce the risk of some types of cancer. It is important to try to pair calcium-rich foods with a source of vitamin D to improve absorption. British experts recommend 1000 mg calcium per day. Choline Choline is known as a "vitamin-B like factor. A high potassium diet is associated with a 20 percent lower risk of dying from all causes. Vitamin D fortified Vitamin D is important for the formation, growth, and repair of bones. It also plays a role in calcium absorption and immune function. Deficiency has been associated with osteoporosis , depression , chronic fatigue , muscle pain, PMS, hypertension , and breast and colon cancer. Health benefits The nutrients in milk can benefit the body in various ways. Bone health Milk can be good for the bones because it provides vitamin D and calcium. This has been thought to make milk and milk products, such as yogurt, useful in helping to prevent osteoporosis. However, Harvard research reveals that high calcium intake, even from dairy, is not associated with lower risk of fractures or osteoporosis. In fact, in countries with some of the lowest calcium intake, around 700 mg per day, such as Japan, India, and Peru, bone fractures are lower than in the US. Other strategies to boost bone health include regular physical activity and strength training, avoiding smoking and eating a diet low in sodium and high in potassium. Brain health Researchers from the University of Kansas have found that older adults who consume more dairy products have a higher amount of glutathione, a powerful antioxidant , in the brain. Those who consumed three daily servings of milk and milk products had antioxidant levels that were approximately 30 percent higher compared to adults who had less than half a serving. With more research, this study could suggest a new benefit of milk consumption. Blood pressure and heart health The high potassium levels in milk can help to protect the heart. In one study, those who consumed 4,000 mg of potassium per day had a 49 percent lower risk of death from ischemic heart disease than those who consumed about 1,000 mg of potassium per day. Leafy greens like spinach and kale are also good sources of potassium, along with citrus fruits, bananas , tomatoes, and prunes. However, too high an intake of full-fat dairy products can also increase the risk of atherosclerosis and heart disease. Depression Adequate vitamin D levels support the production of serotonin , a hormone associated with mood, appetite, and sleep. Vitamin D deficiency has been associated with depression in adults. Milk provides vitamin D, and it is a good source of calcium. Calcium in milk helps the body absorb vitamin D. Muscle building and weight loss Milk is a natural source of high-quality protein, necessary for preserving or increasing lean muscle mass. A healthy amount of muscle supports metabolism and contributes to weight loss and weight maintenance. A high-protein diet appears to lead to greater muscle mass and weight loss, but further research is needed to confirm the long-term benefits. Excess protein can increase acid production and use more calcium from bone to neutralize the acids. This can be detrimental to bone health. Risks Some people choose to not consume dairy to follow a vegan diet, a paleo diet, or to try to reduce acne and other conditions. Some argue that humans are the only species who continue to drink milk after being weaned, indicating that milk consumption is unnatural. Others have read conflicting research and question the importance of dairy in their long-term health. Some people avoid milk because it triggers an allergic reaction, or they have a lactose intolerance or sensitivity. Allergies, intolerances, and sensitivity Lactose intolerance can lead to gastrointestinal distress after drinking milk. A lactose intolerance happens when a person does not have enough of the enzyme needed to break down the sugar found in milk for proper digestion. For these people, consuming milk and milk products can lead to bloating, flatulence , or diarrhea. Lactose-free milk has added enzymes to help with lactose digestion. This may ease or eliminate these symptoms. Levels of lactose intolerance vary between individuals. One person may tolerate products with low levels of lactose, such as yogurt and hard cheeses. Another may be unable to tolerate even a small amount of milk in their coffee. A milk allergy is different from lactose intolerance.

Chapter 5 : Pros and Cons of Almond Milk / Nutrition / Healthy Eating

An actual allergy to milk is very rare, and that's when people are allergic to casein in milk. If you're allergic to it, you know it. If you're lactose intolerant you also know; your stomach hurts.

Is Milk Good for You? Milk is a nutrient-packed food providing nine essential nutrients in every glass, including calcium, potassium, and vitamin D. These are three of four nutrients that the Dietary Guidelines Advisory Committee report identified as under-consumed nutrients. The Dietary Guidelines for Americans recommended three daily servings of milk or dairy products for ages 9 years and older. These guidelines also noted moderate evidence showing that drinking milk and eating dairy foods are associated with bone health, specifically in children and adolescents. Every nutrient in milk can be found in whole plant foods. Every nutrient in milk can be found in whole plant foods, and some nutrients needed for healthy bones, like vitamin K and manganese, are not in milk, but are in whole plant foods. Current recommendations calling for three servings of dairy a day are more about politics and industry lobbying than they are about science. Most plant-based milk alternatives are fortified with calcium and, just like dairy milk, fortified with vitamin D. However, milk specifically has a few caveats. Milk is highly insulinogenic, which means it spikes blood sugar levels. It also has inflammatory properties, so is a common offender of acne, sinus congestion, and digestive distress. Lactose is present in much larger quantities in milk than in butter, cheese, and yogurt, and many people have a difficult time digesting it. Milk is a good source of calcium and protein. Do you have to drink milk for health? Milk is a good source of both protein and calcium. You would have to drink three servings to get the recommended daily calcium amounts. Non-milk sources contain similar calcium amounts, with a lot fewer calories. Other high-quality sources of calcium include beans, canned salmon, almonds, kale, and dried figs. Follow Alex on Twitter [delishknowledge](#) and visit [Delish Knowledge](#). Milk contains nutrients that are necessary for bone health. Through our mids, calcium, phosphorus, and vitamin D are necessary to build strong and dense bone structure and essential for many other biological functions. We need these nutrients daily through adulthood. If these nutrients are not available from dietary sources, calcium and phosphorus are withdrawn from our bones. Can too much calcium be detrimental to bone health? In excess, calcium, phosphorus, or vitamin D may disrupt biochemical processes. But milk contains nutrients that are necessary for bone health, maintaining heart health, and reducing the risk of cancer. Calcium is important for kids and teens who are still building bone and for adults who need to maintain the bone they have. And it offers filling protein and much-needed potassium. You can get potassium through fruits and vegetables and calcium and vitamin D through fortified non-dairy milks just be sure to avoid sweetened versions. Some plant foods also contain calcium, but in lower amounts compared to milk. Written by Healthline Editorial Team on May 26, related stories.

Chapter 6 : Is milk good for you? | HowStuffWorks

At first, "oat milk" sounded like a made-up hipster food straight from a Portlandia sketch, but in the past few months it's become very real. Baristas prefer using oat milk in coffee drinks.

They are cherished by the health organizations as an essential food for bone health. But other experts disagree and think that dairy is harmful and should be avoided. Of course, not all dairy products are the same. They vary greatly, depending on how the cows were raised and how the dairy was processed. Also, as it is with most things in nutrition, the ultimate health effects depend on the individual. Is It "Natural" to Eat Dairy? One common argument against dairy products is that it is "unnatural" to consume them. That being said, people in some areas of the world have been eating dairy for thousands of years and there are many studies that document how the genes have changed to accommodate dairy products in the diet 2. The fact that some of us are genetically adapted to eating dairy is a pretty convincing argument for it being "natural" for us to consume it. Humans are the only species that consumes milk in adulthood, as well as the milk from another animal. Dairy was not consumed until after the agricultural revolution. But many people lose the ability to do that in adulthood 3. This photo shows how common lactose intolerance is in different parts of the world: People who are lactose intolerant have digestive symptoms when they consume dairy products. This includes nausea, vomiting, diarrhea and related symptoms. However, keep in mind that lactose intolerant people can sometimes consume fermented dairy like yogurt or high-fat dairy products like butter 5. Some people can also be allergic to other components in milk, like the proteins. This is fairly common in children, but rare in adults. Most people who are of a North European ancestry can digest lactose without problems. Dairy products are very nutritious. The milk contains all the proteins , fatty acids and micronutrients needed to nurture a growing calf. A single cup grams of milk contains 6: This is coming with calories, 8 grams of fat, 8 grams of high quality animal protein and 13 grams of carbs. Calorie for calorie, whole milk is actually quite nutritious. It contains a little bit of almost everything we need. Fatty dairy products like cheese and butter have a nutrient composition that is quite different from milk. The nutrient composition also varies depending on what the cows ate and how they were raised, especially when it comes to the fatty components. The composition of dairy fat is actually very complex, it consists of hundreds of different fatty acids. Many of the fatty acids are bioactive and can have powerful effects on health 7. Grass-fed dairy is also much higher in fat soluble vitamins, especially Vitamin K2, a nutrient that is incredibly important for regulating calcium metabolism and has major benefits for both bone and heart health 10 , 11 , 12 , Keep in mind that these healthy fats and fat-soluble vitamins are not present in low-fat or skim dairy products, which are often loaded with sugar to make up for the lack of flavor caused by removing the fat. Milk is quite nutritious, but the nutrient composition varies between the different types of dairy. Dairy from grass-fed or pasture raised cows contains more fat soluble vitamins and beneficial fatty acids. Calcium is the main mineral in bones and dairy is the best source of calcium in the diet. Therefore, it only seems logical that dairy has benefits for bone health. In fact, most mainstream health organizations recommend that people consume servings of dairy per day, in order to get enough calcium for the bones 14 , Actually, dairy is one of the things that mainstream nutrition gets right. The great majority of evidence shows that dairy improves bone density, reduces osteoporosis and lowers the risk of fractures in the elderly 16 , 17 , 18 , 19 , 20 , It also provides many other nutrients that are highly beneficial for bone health, including protein, phosphorus and in the case of grass-fed, full-fat dairy Vitamin K2. Numerous studies show that dairy products have clear benefits for bone health. They improve bone density in the young and lower the risk of fractures in the elderly. Despite being high in calories , consumption of full-fat dairy is actually linked to a reduced risk of obesity. In a review that looked at 16 studies, 11 of them showed that full-fat dairy was associated with reduced obesity, but none of them found such an effect for low-fat dairy There is also some evidence that dairy fat can reduce the risk of diabetes. One observational study from Harvard researchers looked at the amount of trans-palmitoleic acid a dairy fat people had floating around in their bloodstream. Several other studies show that full-fat dairy is associated with a reduced risk of diabetes, but a number of studies show no association 24 , 25 , Several studies show that full-fat dairy products are linked to a reduced

risk of obesity and type 2 diabetes, but other studies find no effect. Conventional wisdom dictates that dairy should raise the risk of heart disease because it is high in saturated fat. However, the saturated fat myth has been debunked in recent years. There really is no link between saturated fat consumption and heart disease. It also seems that the effects of dairy on heart disease risk varies between countries, probably depending on how the cows are raised and fed. The Nurses Health Study, a major epidemiological study in the U.S. However, many other studies show that full-fat dairy has a protective effect, on both heart disease and stroke. One review of 10 studies, most of which were using full-fat dairy, showed that milk was linked to reduced risk of stroke and cardiac events. In countries where cows are largely grass-fed, full-fat dairy is associated with major reductions in the risk of heart disease and stroke ³² , This is probably related to the high vitamin K2 content of grass-fed dairy products, but there are also studies showing that dairy can improve other risk factors. Studies on dairy and heart disease have led to conflicting results. In countries where cows eat mostly grass, full-fat dairy products are associated with major reductions in heart disease risk. This may be the reason that dairy consumption is linked to increased acne ³⁹ , But these hormones are also believed to increase the risk of certain cancers. Of course, there are many different types of cancer and the relationship between dairy and cancer is quite complex. Some studies suggest that dairy is linked to a reduced risk of colorectal cancer, but an increased risk of prostate cancer ⁴³ , The association with prostate cancer is actually pretty weak and inconsistent. Dairy can stimulate the release of insulin and IGF-1, leading to increased acne and a higher risk of prostate cancer in some studies. However, dairy seems to be protective against colorectal cancer. They have a much better nutrient profile, including more of beneficial fatty acids and more fat soluble vitamins, particularly vitamin K2. Fermented dairy products like yogurt and kefir may be even better. They contain probiotic bacteria that can have numerous health benefits. A lot of people also swear by raw dairy products.

Take Home Message When it comes to dairy, there are no good answers that apply across the board. The health effects seem to vary greatly between individuals. I personally tolerate dairy and eat a lot of organic, grass-fed yogurt. I frequently use butter with my meals and also eat cheese occasionally. If you tolerate dairy products and enjoy them, then by all means eat dairy. There certainly is no compelling evidence that people should avoid it and quite a bit of evidence of benefits. Just make sure to choose quality dairy. Low-fat dairy which is often loaded with sugar seems to be a bad choice overall.

Chapter 7 : What, Is Milk Suddenly Bad for You?! | HuffPost

Dairy milk substitutes: Soy, almond, and others Soy and almond milk are good alternatives for those who wish to avoid dairy milk. Find out about the nutritional value of these and other milk options.

Is Milk Good for Your Teeth? In fact, just 1 cup of milk provides almost milligrams of calcium. So, is milk good for your teeth? This ensures the unborn baby receives enough calcium, phosphorus and other nutrients necessary for the proper development of their teeth and bones. From infancy through the teen years, however, milk and dairy products continue to be important for growth and development. And as you age, calcium is a vital mineral in preventing osteoporosis. How Dairy Fights Decay Based on current research, as reported by Nutrition Australia , milk and dairy products such as cheeses can actually reduce tooth decay as well. Not only do they contain calcium and phosphorus, but also proteins called caseins, which combine together to form a protective film on the enamel – or the surface of your teeth. This coating helps to prevent your teeth from incurring decay caused by common bacterial acids. Calcium and phosphorus are both minerals that strengthen and repair tooth enamel that has started to dissolve due to these acid attacks. The American Dental Association ADA proposes the order in which you eat sugary foods and milk products can also make a difference to your dental health. This is because drinking milk after eating sugary foods can lower harmful acidic levels in your mouth. Getting More Milk in Your Diet Although many foods contain calcium, NIH suggests milk and dairy products are best because they are absorbed easily by your body. Besides calcium, milk is also rich in phosphorus and magnesium, and is fortified with Vitamin D – all of which help your body absorb and use calcium more effectively. Nevertheless, if you and your family are not big milk-drinkers, there are many other dairy products that can help you reach your daily RDA. Yogurts, cheeses and buttermilk are examples of good substitutes, and they can be found in fat-free or low-fat versions. Say No to Soda, but Yes to Milk If you have kids at home, limiting sugary drinks and sodas is often easier said than done. Be sure everyone is brushing twice a day, using a soft-bristled toothbrush and fluoride toothpaste. And of course, regular dental checkups and professional cleanings are the icing on the cake. Is milk good for your teeth?

Chapter 8 : Why is milk good for your health? | Importance of Milk | Nestlé©

"Milk is a deadly poison," according to the Dairy Education Board. In fact, if you peruse this special interest group's Web site, calendriredelascience.com, you'll find dozens of articles about the purported.

Chapter 9 : Milk: Health benefits, nutrition, and risks

Is Dairy Bad for You, or Good? The Milky, Cheesy Truth Dairy products are very nutritious. The milk contains all the proteins, it makes sense that dairy products are also a good source of.