

Milk is a white liquid produced by the mammary glands of mammals. It is the primary source of nutrition for young mammals before they are able to digest other types of food. Milk is an important part of our diet. We begin drinking it when we are young, but our intake decreases as we get older. Some people shy away from it because they fear that it will add too much fat to their diet. Others leave it out because they believe that they no longer need it. You are never too old to reap the rewards of drinking milk. It is a great source of vitamins and nutrients. Let's see some of the useful health benefits of milk.

Why Milk is called a complete Food

Milk makes us fair of face, strengthens our bones, strengthens our teeth but also sharpens our brains to help us do well in our studies. Milk contains almost all the essential vitamins, minerals and other nutrients which our body needs in varying quantities.

Milk is nectar for the human organism and one of the basics of all foods. For infants, mother's milk constitutes a complete diet and for adults, it is a wholesome meal by itself or can be taken along with cereals, added to shakes, etc. Milk is regarded as complete food. One glass of milk contains about 150 calories of energy. It contains protein, fat, carbohydrates, all known vitamins, various minerals and all the food ingredients considered essential for sustaining life and maintaining health. The protein of milk is of the highest biological value and it contains all the amino acids essential for bodybuilding and repair of body cells. No wonder then that milk is considered to be a complete food in itself.

It's a nutritious, creamy snack for a youngster, a natural sports recovery drink for active teenagers and adults, and often the morning life-saver to kick start our day. And at the end of the day, warm milk before bedtime helps soothe the soul and aids a good night's sleep.

Milk and dairy products are providers of calcium, phosphorus, magnesium and protein which are all essential for healthy bone growth and development. As an agricultural product, milk is extracted from mammals during or soon after pregnancy and is used as food for humans. Milk can come from many different species of animal, with a cow, sheep, and goat milk being the most popularly consumed.

Milk Makes Bones Stronger

Adequate consumption of milk and dairy from early childhood and throughout life can help to make the bones strong and protect them against diseases like osteoporosis (a debilitating, brittle bone disorder) in later life.

Drink Milk for Glowing Skin

Drink a few glasses of milk each day to get its benefits in skin glow. It has several nutrients which help skin look its best and can help prevent damage from environmental toxins because it has antioxidants.

Milk Strengthens Bones and Teeth

Milk is a great source of calcium, which is essential for healthy bones. Not only do young children need it while their bones are growing, but adults need it to keep their bones strong and to prevent osteoporosis. Milk is also great for strong teeth, and it helps prevent tooth decay and cavities.

Rebuild Muscles

Milk contains protein, which helps to rebuild muscles. Drink a glass of milk after you exercise to give your body what it needs to recover.

Weight Loss

Studies show that women who drink low-fat or skim milk lose more weight than those who exclude milk from their diet.

Less Stress

Milk is a great way to de-stress at the end of the day. A glass of warm milk will help to relax tense muscles and soothe frayed nerves.

Healthy Body

Milk has properties that lower high blood pressure and risk of strokes. It reduces the livers production of cholesterol, and it can act as an antacid.

Boosts the Immune System

Natural health advocates have long cautioned against drinking milk because of the increased risk of ear infections, asthma, and eczema associated with its consumption. This applies only to commercially produced milk, not raw milk from organic farms. Raw milk actually helps protect against allergic reactions (link is external) and boosts the immune system.

Dairy products like milk are the best dietary sources of calcium. Calcium has many functions in the body, but its primary job is the development and maintenance of healthy bones and teeth. Calcium is also important for blood clotting and wound healing, maintaining normal blood pressure, and muscle contractions including heartbeat. It is important to try to pair calcium-rich foods with a source of vitamin D, as vitamin D helps the small intestine to absorb calcium. There are 306 milligrams of calcium in one cup of skim milk. Early-lactation milk contains colostrum, which carries the mothers antibodies to its young and can reduce the risk of many diseases. Milk contains many other nutrients and the carbohydrate lactose.

New Zealand, the European Unions 28 member states, Australia, and the United States are the worlds largest exporters of milk and milk products. China and Russia are the worlds largest importers of milk and milk products.

Surprising Benefits of Drinking Milk During Pregnancy



Milk and other dairy products provide significant nutrients for pregnant women. An Expecting Mother needs enough amount of right nutrients which helps the baby to grow and supports self-health during pregnancy. Also, according to few studies intake of enough vitamin D during pregnancy may reduce baby's future risk of developing allergies. Milk is an important source of vitamin D which prevents neonatal rickets and low birth weight. Drinking milk will meet your vitamin D requirements more than above 50%. Babies tend to weigh more and grow more quickly if expectant mothers drink an adequate amount of milk daily. According to some new researches, Babies born to women who drink milk during pregnancy are more likely to be tall in their teenage.

Milk is an ideal source of calcium, proteins and vitamins which is essential for pregnant women. Milk is an important source of dietary calcium for pregnant women. If you don't consume enough calcium-rich foods like milk during pregnancy, you will lose calcium from your bones to meet your baby's needs for this mineral. Protein helps in building the uterus, blood supply, nourishes the breasts and baby tissues. Drinking low-fat milk every day will meet more than one-third of your protein needs during pregnancy.

According to USDA recommendations, pregnant women should consume three cups of milk or other dairy products each day.