

EMBRACING DIVERSITY: EXPLORING THE GLOBAL IMPACT OF MILK AND DAIRY CONSUMPTION ON HUMAN HEALTH

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ABSTRACT

Milk and dairy products play pivotal roles in global dietary habits, with bovine milk dominating production and Ayurveda emphasizing their therapeutic value. While ancient wisdom extols the benefits of cow's milk and clarified butter (ghrita), contemporary research continues to uncover their precise mechanisms of action. Recent studies corroborate dairy's potential in mitigating cardiovascular diseases, diabetes, cancers, and dementia. Beyond their nutritional content, dairy products harbor biologically active compounds vital for human health, impacting digestion and immunity. Calcium, a cornerstone mineral in dairy, influences skeletal development and oral health throughout life stages, while also potentially benefiting lipid metabolism. Contrary to prior concerns, high-fat dairy consumption exhibits neutral or positive effects on cholesterol levels, with whole milk even elevating beneficial HDL cholesterol. A variety of milk, from raw to reconstituted, offer diverse options catering to different dietary needs and preferences. Whether consumed in its natural state or processed into various products, milk remains a fundamental source of nutrition for individuals of all ages, contributing significantly to global health and well-being.

KEYWORDS: *Milk, Milk Products, Complete Food, Nutritional Composition, Health Benefits, Comparative Study* .

Article History

Received: 21 Jun 2024 | Revised: 25 Jun 2024 | Accepted: 30 Jun 2024
