

Milk and Milk Products

Nutrients and positive effects
of cow's milk on health

Butter

Production: Long churning of cream,
>90% fat

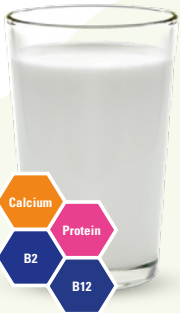


- High in calories, saturated fat, and cholesterol
- Should only be consumed in small quantities
- Appreciated for its flavor

Buttermilk

Production: By-product in the production of butter from cream, and addition of *Lactobacillus acidophilus*

- Contains lactose
- Low in calories due to low fat content (<1%)
- + **May promote intestinal health**
Lactic acid bacteria stabilize the intestinal flora



Cream

Production: Created by separating whole milk using centrifugation, fat content >10%

- High in calories and rich in saturated fatty acids and cholesterol
- Should only be consumed in small quantities
- Appreciated for its flavor



Whole milk

Production: pasteurization and homogenization

- Contains lactose
- Low-fat milk provides fewer calories
- + **May reduce the risk of osteoporosis**
Calcium reduces bone loss
- + **May reduce the risk of colon cancer**
Calcium interrupts signaling pathways that cause cancer



Cheese/Quark

Production: pasteurization, homogenization, and addition of lactic acid bacteria and rennet

- Lactose content depends on the ripening time
- + **Can promote heart health**
Peptides minimize cardiometabolic risk factors



Yogurt

Production: pasteurization, homogenization, fermentation with *Streptococcus thermophilus*, *Lactococcus bulgaricus*, and other bacteria

- Low lactose content
- + **Can reduce waist circumference and risk of type 2 diabetes**
Peptides and short-chain fatty acids improve insulin efficiency
- + **May reduce the risk of cardiovascular disease**
Peptides and short-chain fatty acids lower blood pressure



Kefir

Production: Fermentation of milk with kefir grains (bacteria and yeast)

- Low in lactose
- + **Can reduce digestive problems**
Microbes such as lactic acid bacteria stabilize the intestinal flora



The German Nutrition Society recommends that adults eat **2 portions of milk or dairy products** a day. One portion equals 250 milliliters of milk, kefir or buttermilk, 150 grams of yogurt or 30 grams of cheese.