

Ingredients and health effects of cow's milk and products

Kefir

Production: Fermentation of milk with kefir grains bacteria and yeast

- Lower in lactose than milk

+ Can reduce digestive problems

Microbes such as lactic acid bacteria stabilize the intestinal flora



Buttermilk

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

- Lower in lactose than milk
- 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



Cow's 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: addition of lactic acid bacteria and rennet

- Lactose content depends on the ripening time

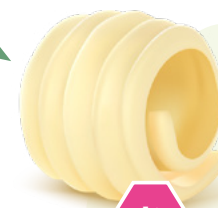
+ Can promote heart health

Peptides minimize cardiometabolic risk factors

Yogurt

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

- Lower in lactose than milk
- + Can reduce 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



Butter

Production: Long churning of cream, between 80% and 90% fat

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



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.