

Dairy Products & their benefits in Human Health by Ms. Shilpa Wadhwa, , Head-Nutrition, Health & Wellness, Nestlé India

Ms Shilpa, In her presentation, she began by discussing the nutritional benefits of milk. She noted that milk, or lac as it was known in the early seventh millennium BC, is a nutritious white liquid food that has been used by humans for centuries. Milk is essential to the diets of millions of people worldwide, as it provides important macro- and micronutrients. Milk contains 18 out of the 22 essential nutrients that humans need, including a variety of bioactive peptides and fatty acids such as caseins, whey proteins, milk polar lipids (MPL), α -linolenic acid (ALA), conjugated linoleic acids (CLA), palmitic acid (16:0), lactose, and other minor constituents such as calcium, phosphorus, and magnesium.

These nutrients are crucial for maintaining good health. Further, she mentioned that Milk promotes child growth and has nutrients that aid development. Studies show it helps bone health in childhood and adolescence. Milk has proteins, lactose, and minerals that stimulate growth and are essential for children's food. Different dairy products vary in their protein, lactose, and mineral content, affecting their growth-stimulating effects.

Milk is beneficial for children aged 6 to 59 months. She also mentioned that Milk and dairy can have a positive impact on metabolic health. Increasing intake by 200 g/day can lower the risk of metabolic syndrome by 13% and obesity by 16%.

Drinking milk is linked to lower BMI and higher lean mass. Nutrients in dairy can enhance satiety. High dairy intake is linked to lower body weight and fat, and higher lean mass with energy restriction. Including dairy in energy-restricted weight-loss diets lead to greater reductions in weight, fat mass, and waist circumference compared to usual weight-loss diets.