

Milk and Its Health, by Ms Shilpa Dhar , Scientist- Scientific Affairs and Research, Zydu Wellness R&D

Ms Shilpa Dhar briefed on the ICMR /NIN concept of “thali” and US Food & Nutrition Departments concept of “ Choose My Plate”. Further she mentioned about How Milk is an important source of protein under which she explained in brief on Whey & Its Health Benefit: Whey protein comprises 20% of bovine milk and contains bioactive peptides, as well as essential vitamins and minerals. It also boasts a high content of cysteine, which has antioxidant properties, and branched-chain amino acids like leucine. Additionally, whey protein is easily soluble in acidic environments and digests quickly. Improving immune function, tissue maintenance, and preventing catabolic action during exercise are some of the health benefits.

She also briefed on Casein & Its Health Benefits: 70-80% of bovine milk is made up of casein. This protein is in a micelle form, which makes it easy to gel in the stomach for efficient nutrient supply. Additionally, casein has a sustained effect, leading to better nitrogen retention and utilization in the body. There are many health benefits associated with this, including protection from colon cancer, lower total cholesterol levels, immunomodulatory effects, and antibacterial activity.

Ms Shilpa also mentioned that Proteins found in milk, such as casein and whey, are important for human nutrition and health. The protein compositions of camel, goat, and donkey milk vary, resulting in distinct properties and potential health advantages for each kind of milk. These milk types can provide alternate choices for people with specific dietary requirements or preferences. By examining the features and amino acid profiles of milk proteins in various animal species, we can explore potential applications of these proteins in food products.