



MILK FACTS

WHAT IS MILK?

It is a liquid food secreted by female mammals for the nourishment of their young.



BUT IS THAT ALL?

"Milk" is customarily used to refer to plant-based milkish consistency liquids made of soaked and crumbled plants:



soy

coconut

oat

rice

MILK COMPOSITION



3-3,5% proteins

4,5% lactose

310 different proteins of cow's milk have been identified so far

0,5-4,5% fat

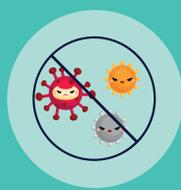
minerals (especially phosphorus and calcium)

B and fat-soluble (A, D, E) vitamins

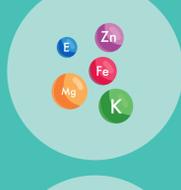
HEALTH PROMOTING PROPERTIES OF MILK



antibodies present in milk support immune system - protect from infections



enzymes and proteins have a bactericidal effect on pathogens



the source of body building substances - proteins, amino acids, calcium, vitamins and fats, necessary for the nervous system



the source of food and regulators for gut bacteria (lactose, minerals)

WHO SHOULD BE CAREFUL WITH MILK CONSUMPTION AND WHAT TO DO IN THIS CASE?

ATTENTION! Consultation with a doctor is necessary.

Conditions:

Solutions:



cow's milk allergy



milk without a particular sensitizing protein



plant-based milk, e.g. soy milk



special hypoallergenic mixtures



lactose intolerance



lactose-free milks and yoghurts



using lactase enzyme capsules



galactosemia*



elimination of milk with lactose



plant-based milk, e.g. soy milk

*A person with galactosemia does not process simple sugar galactose, which is released during lactose digestion.

WHICH PRODUCTS MAY CONTAIN MILK?

Products which often contain cow's milk proteins:



sweets

bakery and pastry products

processed meats and ready-to-serve foods

medicines

cosmetics

FERMENTED MILK PRODUCTS

Products of bacterial (e.g. *Lactobacillus*, *Lactococcus*) and other microorganisms (e.g. yeast) fermentation:



sour cream

curd cheese

buttermilk/kefir

cheese

yoghurt

FUN FACTS



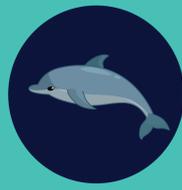
To preserve the vitality and beauty of her skin, Cleopatra regularly took baths in donkey milk.

Certain ethnic groups (e.g. some of Asians, Afroamericans, Arabians) avoid milk because of digestive problems in adult life. There are also differences in livestock used for milk production, e.g. Sámi people use the milk of a reindeer.



Milk can be used as a material to build biodegradable, but water-insoluble, plastic or biogasoline.

Sheep's milk contains 3 times more fat than cow's, and coconut's even 10 times more.



The fattiest milk is that of dolphins and wales, which contains even 20 times more fat than cow's milk! Their milk has a paste-like consistency.