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People around the world enjoy a variety of dairy products and foods for delicious, nutritious ways to benefit from dairy in everyday life. What Are Dairy Products? Dairy products are derived from milk, which has been an
important source of nutrition for people for thousands of years. These products include cheese, butter and yogurt. Milk consists of water, carbohydrate (in the form of lactose, a type of natural sugar), fat (unless non-fat), vitamins, minerals and protein. Nutritional Benefits of Dairy Products These foods contain nutrients your body needs. For example,
milk, cheese and yogurt contain protein, calcium and vitamin B12, which help rebuild and repair muscle tissue, build and maintain strong bones and teeth, and keep your nervous system healthy, respectively. In addition, the protein, zinc, selenium and vitamins A and D found in every cup of milk help support a healthy immune system. Dairy products
are rich in essential nutrients that support overall health and well-being. Here are some of the key benefits: Protein: Supports muscle growth and repairCalcium: Essential for strong bones and teethVitamin B12: Important for nerve function and repairCalcium: Essential for strong bones and teethVitamin B12: Important for nerve function and repairCalcium: Essential for strong bones and teethVitamin B12: Important for nerve function and repairCalcium: Essential for strong bones and teethVitamin B12: Important for nerve function and repairCalcium: Essential for strong bones and teethVitamin B12: Important for nerve function and repairCalcium: Essential for strong bones and teethVitamin B12: Important for nerve function and repairCalcium: Essential for strong bones and teethVitamin B12: Important for nerve function and repairCalcium: Essential for strong bones and teethVitamin B12: Important for nerve function and repairCalcium: Essential for strong bones and teethVitamin B12: Important for nerve function and repairCalcium: Essential for strong bones and teethVitamin B12: Important for nerve function and repairCalcium: Essential for strong bones and teethVitamin B12: Important for nerve function and repairCalcium: Essential for strong bones and teethVitamin B12: Important for nerve function and repairCalcium: Essential for strong bones and teethVitamin B12: Important for nerve function and repairCalcium: Essential for strong function and repairCalcium: Essential function and repairCalcium: Esse
Supports vision, immune function, and skin healthZinc: Important for immune function and healing woundsSelenium: Acts as an antioxidant to protect cells from damageIncluding a variety of dairy products in your diet can help ensure you meet your nutritional needs. Dairy Recommended Daily IntakeThe Dietary Guidelines for Americans, or DGA,
recommends eating dairy foods every day because of their association with health promotion and disease prevention. The DGA recommends three eating patterns: the Healthy Vegetarian and Healthy Wediterranean includes two-to
two-and-a-half servings for adults and three servings for those ages 9 to 18 years old. Types of Dairy Products, including numerous types of cheese, yogurtand milk and milk products. Check the list of dairy products below and read more about what all your favorite dairy products offer. Examples of Dairy
FoodsMilk: Available in various forms such as whole, skim, and flavoredCheese: Includes varieties like cheddar, mozzarella, Brie, Gouda, and moreYogurt: Available in plain, Greek, flavored, and drinkable formsCream: Includes heavy cream, light cream, and sour creamButter: Available in plain, Greek, flavored, and drinkable formsCream: Includes heavy cream, light cream, and sour creamButter: Available in plain, Greek, flavored, and drinkable formsCream: Includes heavy cream, light cream, and sour creamButter: Available in plain, Greek, flavored, and spreadableIce Cream: Comes in various
flavors and is a creamy, frozen treatKefir: A fermented milk drink that can contain live and active culturesWhey: A byproduct of cheese-making that is also used in protein supplementsAre Eggs A Dairy Product?No, eggs are not a dairy product of cheese-making that is also used in protein supplementsAre Eggs A Dairy Product?No, eggs are not a dairy product.
hand, come from birds like chickens, ducks, and quails. Despite being commonly found in the dairy aisle of grocery stores, eggs do not fall under the dairy encountries, or enjoy a bowl of cereal with
milk.Lunch: Include cheese in your sandwiches or salads for added flavor and nutrition. Dinner: Use cream or butter to enhance the taste of your soups and sauces. Snacks: Enjoy a piece of cheese or a cup of yogurt. Desserts: Treat yourself to a scoop of ice cream or a serving of pudding made with milk. Incorporating dairy into your diet can be both
delicious and nutritious. The Dairy Alliance is a non-profit funded by dairy farm families of the Southeast. We work diligently with dairy farmers, schools, sports teams, health professionals, local organizations, state leaders, the media, and the public to promote dairy foods and knowledge about the dairy industry. Our efforts center in eight states:
Alabama, Georgia, South Carolina, Kentucky, Mississippi, North Carolina, Tennessee, and Virginia. The First 1,000 Days are from conception to a childs second birthday. Making the first bites count or building good eating habits, dairy foods contribute to healthy brains, bones, and bodies. Part of The Dairy Alliances mission is to provide the public
with accurate information about dairy foods. We provide nutritional information about dairy so the public is aware of its numerous health benefits, as well as information about managing lactose intolerance. Great things are happening with school nutrition and were always here to help. Look to The Dairy Alliance for support, training, new ideas, and
valuable resources. We partner with schools to expand opportunities for students to make healthy food choices. From creamy classics to innovative delights, we've curated a selection of culinary creations that make the most of dairy's deliciousness. Whether you're a cheese connoisseur or a milkshake lover, we've got a range of recipe ideas for you to
experiment with and enjoy. Press ReleasesDunk into better performance this season with Milk's Got Game! The Dairy Alliance, a nonprofit funded by dairy milk is the ultimate MVP for your everyday routine. The Spring Hand-Off of Milk's Got
Game features basketball players Zamareya "Zam" Jones of North Carolina State, Jaxson Robinson of the University of Kentucky, and Zakai Zeigler of the University of Tennessee. The campaign also spotlights Cory Robbins, a dairy farm manager from Siler City, North Carolina, and Chris Huffman, a dairy farmer from Center, Kentucky. Everything we
do is market-focused and proactively promotes and protects the interests of the Southeast dairy farm families. Foodservice Portal Home Get in Touch Dairy is a staple in many countries, making it one of the most common types of food in the human diet. However, most people tend to stick to a few common options like butter, cheese, cream, milk and
yogurt. Despite this, there are dozens of different dairy foods, offering a wealth of choices to explore. This article examines the characteristics and nutritional properties of some intriguing dairy products from around the world as well as common options. Dairy products are defined as food products made from milk. This milk may come from various
animals, including cows, goats, sheep, buffalo, and in some countries, even camels and yaks (1). However, the majority of popular dairy foods use cows milk. Common dairy foods such as milk, cheese, and yogurt play a significant role in the typical diet of many nations. Some people may avoid or limit their consumption of dairy products due to milk
allergies, lactose intolerance, or ethical beliefs such as veganism (2, 3, 4). The main benefit of most dairy products is their significant and diverse nutrient content. Aside from pure fat sources (such as butter), milk-based dairy foods contain high levels of protein, calcium, and phosphorus. They also supply numerous key vitamins and minerals,
including vitamin B12 (5). Observational studies demonstrate that dairy intake may protect bone health and help prevent fractures (6, 7). Additionally, scientific research has established that milks nutrients, such as protein, calcium, and phosphorus, are important for bone health (8, 9, 10). However, it is worth remembering that dairy is a very broad
category, and some options offer more nutritional value than others. There are several potential downsides of dairy products, which depend on the context of intake and the individual: Lactose intolerance and milk allergies: Dairy products may be unsuitable for individuals with lactose intolerance or a cows milk allergy (11, 12). Sodium content: Some
dairy products, such as hard-aged cheese, can contain a significant amount of sodium. While sodium is an essential mineral, high intakes of cheese may push someone over the recommended daily value for sodium, which is 2300 mg daily (13). High sodium intake levels can lead to elevated blood pressure (14). Saturated fat: Some dairy foods, such as
butter and ghee, are significant sources of saturated fat. The Dietary Guidelines for Americans recommend limiting saturated fat can increase low-density lipoprotein cholesterol (LDL-C) and apolipoprotein B (Apo-B) levels, which are
associated with an increased risk of cardiovascular disease (16, 17). While most of us are familiar with common dairy foods like milk and yogurt, there are many lesser-known options worldwide. These typically fall into one of nine major categories of dairy products: Butter and pure fats Cheese: Numerous varieties encompassing fresh, soft, and hard
cheese. Condensed and evaporated dairy: Concentrated milk products: Dried milk products: Drie
such as ice-cream. Liquid products: Milk and milk-based products. Note: While cheese is a fermented dairy product, it encompasses a wide range of different products with distinct products. Note: While cheese is a fermented dairy product, it encompasses a wide range of different products. Note: While cheese is a fermented dairy product, it encompasses a wide range of different products. Note: While cheese is a fermented dairy product, it encompasses a wide range of different products.
an A to Z list of dairy products, alongside each foods characteristics and basic nutritional data. All nutritional data alongside the FDAs daily value recommendations (18, 13). Category: Fermented dairy foods Ayran is a salty yogurt
drink made with three simple ingredients; yogurt, water and salt. A traditional dairy food from Turkey, Ayran is popular across the whole Middle East region. Nutritionally, Ayran provides all three macronutrients and a high dose of sodium from the salt content. Here are Ayrans nutritional values per 8 fl oz (241g) serving (19): NameAmount% Daily
ValueCalories126 kcalCarbohydrates4 g1.5% DVFiber0 g0% DVSugars4 gFat10 g12.8% DVSaturated Fat6 g30% DVProtein6 g12% DVCholesterol37 mg12.3% DVSodium600 mg26.1% DVTable 1: Nutrition facts for ayran per 241g serving With a history dating back over 1,000 years, Ayran was first invented to dilute the taste of bitter-tasting yogurt.
The result is a drinkable yogurt with a salty taste. Alongside black tea, it is one of the two most popular drinks in Turkey (20). Although it can be difficult to find, certain stores do carry this unique beverage. See this full guide to ayran for more information. Category: Butter and pure fats Butter is a high-fat dairy food made from churned milk or
cream, commonly used as a spread or for pan-frying. However, butter is easy to over-consume and is relatively high in saturated fat (21). Therefore, it is important to stick to recommended serving sizes. While butter contains some nutritional value, particularly vitamins A and D, it is not particularly nutrient-rich. One tablespoon (14.2g) of unsalted
butter provides the following nutrients (21): NameAmount% Daily ValueCalories102 kcalCarbohydrates0.01 g0% DVFiber0 g0% DVFodium1.56 mg0.1% DVTable 2: Nutrition facts for butter per tablespoon serving See this full guide to
butter for more information. Category: Fermented dairy foods Buttermilk is not as famous as its namesakes, butter and milk, but it is an interesting, sour-tasting dairy product. Traditionally, buttermilk is not as famous as its namesakes, butter and milk, but it is an interesting, sour-tasting dairy product. Traditionally, buttermilk is not as famous as its namesakes, butter and milk, but it is an interesting, sour-tasting dairy product.
due to its high proportion of lactic acid, which acts as a tenderizer. Most modern buttermilk products have a bacterial culture (such as Lactococcus lactis) added to them and are known as cultured buttermilk products have a bacterial culture (such as Lactococcus lactis) added to them and are known as cultured buttermilk products have a bacterial culture (such as Lactococcus lactis) added to them and are known as cultured buttermilk products have a bacterial culture (such as Lactococcus lactis) added to them and are known as cultured buttermilk products have a bacterial culture (such as Lactococcus lactis) added to them and are known as cultured buttermilk products have a bacterial culture (such as Lactococcus lactis) added to them and are known as cultured buttermilk products have a bacterial culture (such as Lactococcus lactis) added to them and are known as cultured buttermilk products have a bacterial culture (such as Lactococcus lactis) added to them and are known as cultured buttermilk products have a bacterial culture (such as Lactococcus lactis) added to them and are known as cultured buttermilk products have a bacterial culture (such as Lactococcus lactis) added to them and are known as cultured buttermilk products have a bacterial culture (such as Lactococcus lactis) added to the bacterial culture (such as Lactococcus lactis) and the bacterial culture (su
DVFiber0 g0% DVSugars12.0 gFat8.11 g10.4% DVSaturated Fat4.66 g23.3% DVProtein7.86 g15.7% DVCholesterol27 mg9% DVSodium257 mg11.2% DVTable 3: Nutrition facts for buttermilk for an in-depth review of its nutritional properties. Category: Cheese Cheese is a delicious and popular food
enjoyed worldwide. Every country has its own particular varieties, with some of the most famous including: Cheddar (England) Manchego (Spain) Mozzarella (Italy) Parmesan (Italy) Ricotta (Greece) Cheese is a fermented dairy product that comes in different shapes and
sizes. While some cheeses are hard with a strong flavor, others can be mild and soft. Interestingly, despite being a source of saturated fat, systematic reviews of observational studies consistently show cheese as being neutral or inversely associated with cardiovascular risk (23, 24, 25). Cheese is generally an excellent source of protein, and its fat
content varies depending on the variety. Since it is one of the most popular cheeses in the world, here are the nutritional values for Cheddar cheese per ounce (28.35g) slice (26): NameAmount% Daily ValueCalories115 kcalCarbohydrates0.60 g0.2% DVFiber0 g0% DVSugars0.08 gFat9.46 g12.1% DVSaturated Fat5.43 g27.2% DVProtein6.78 g13.6%
DVCholesterol27.7 mg9.2% DVSodium180 mg7.8% DVTable 4: Nutrition facts for Cheede ream is a traditional accompaniment for afternoon tea and scones. Clotted cream is a delicious,
extra-thick spreadable cream made by gently baking fresh heavy cream. As the cream heats, it loses moisture and thickens, resulting in a higher fat content than regular cream (27): NameAmount% Daily ValueCalories140 kcalCarbohydrates1
g0.4% DVFiber0 g0% DVSugars1 gFat15 g19.2% DVSaturated Fat10 g50% DVProtein0 g0% DVCholesterol45 mg15% DVSodium5 mg0.2% DVTable 5: Nutrition facts for clotted cream per 28-gram serving Category: Condensed and evaporated dairy Condensed milk is a milk product that has had a large proportion of its water content removed. It
typically contains added sugar for extra sweetness and is primarily used for baking, cooking, and making sweet drinks. Since the nutrients are concentrated due to the reduced water content, condensed milk is higher in calories and most nutrients are concentrated due to the reduced water content, condensed milk is higher in calories and most nutrients are concentrated due to the reduced water content, condensed milk is higher in calories and most nutrients are concentrated due to the reduced water content, condensed milk is higher in calories and most nutrients are concentrated due to the reduced water content, condensed milk is higher in calories and most nutrients are concentrated due to the reduced water content, condensed milk is higher in calories and most nutrients are concentrated due to the reduced water content, condensed milk is higher in calories and most nutrients are concentrated due to the reduced water content.
condensed milk per 38.2-gram (1 fluid ounce) serving (28): NameAmount% Daily ValueCalories123 kcalCarbohydrates20.8 g7.6%Fiber0 g0%Sugars20.8 gFat3.32 g4.3%Saturated Fat2.1 g10.5%Protein3.02 g6.0%Cholesterol13 mg4.3%Sodium48.5 mg2.1%Table 6: Nutrition facts for clotted cream per 28-gram serving Category: Cheese Cottage cheese
is a high-protein, curd-based cheese with a mild yet slightly sour taste. One of the best aspects of cottage cheese is low in calories, carbohydrates, and fat, while providing over 12 grams of protein per 100 grams (29). This high protein
content makes it an excellent option for anyone looking to increase their protein intake. As a result, it is popular among bodybuilders and dieters. Here is the full nutrition profile for a 220-gram cup of 2% milkfat cottage cheese (29): NameAmount% Daily ValueCalories180 kcalCarbohydrates9.48 g3.4% DVFiber0 g0% DVSugars9.02 gFat5.06 g6.5%
several varieties of cream, with fat content varying between 18% and 55%, depending on the specific type. Like butter, cream provides a modest source of fat-soluble vitamins A and D. However, the biggest positive is undoubtedly the taste cream can enhance the flavor of just about anything. On the negative side, cream contains a significant amount
of saturated fat (and calories) and isnt particularly nutrient-rich. In other words, enjoy it in moderation. Here is the full nutritional profile per tablespoon (15g) of heavy cream (30): NameAmount% Daily ValueCalories51 kcalCarbohydrates0.43 g0.2% DVFiber0 g0% DVSugars0.43 gFat5.42 g6.9% DVSaturated Fat3.45 g17.3% DVProtein0.43 g0.9%
DVCholesterol17 mg5.7% DVSodium4 mg0.2% DVTable 8: Nutrition facts for heavy cream per tablespoon serving See this in-depth guide to heavy cream for more information. Category: Cheese Cream cheese is a delicious, soft, and spreadable cheese made from milk and cream. In the kitchen, it serves many purposes and features prominently in
recipes ranging from cheesecakes to baked potatoes. However, it is worth noting that there are many different nutritional profiles. Some are made solely from full-fat cream cheese per
ounce (28.35g) serving (31): NameAmount% Daily ValueCalories84 kcalCarbohydrates0.99 g0.4% DVFiber0 g0% DVSugars0.99 gFat8.11 g10.4% DVSodium124 mg5.4% DVTable 9: Nutrition facts for cream cheese per ounce (28.35g) serving Category: Dried products Dried
milk is a dairy product product produced by evaporating the water content of milk, leaving behind a solid milk quickly. The specific nutritional profile of dried milk can vary depending on the type of milk it originates from. For instance,
dried milk made from whole milk will have a higher fat and calorie content compared to skim milk powder. Here are the basic nutritional properties of dried milk per quarter cup (30-gram) serving (32): NameAmount% Daily ValueCalories116 kcalCarbohydrates14.7 g5.3%Fiber0 g0%Sugars14.7 gFat1.73 g2.2%Saturated Fat1.08 g5.4%Protein10.3
q20.6% Cholesterol20.7 mg6.9% Sodium155 mg6.7% Table 10: Nutrition facts for dried milk per guarter cup (30-gram) serving Category: Condensed milk but is unsweetened, making it better suited for savoury recipes like soups, stews, and sauces. The following table displays the
nutritional properties for evaporated milk per 31.5-gram (1 fluid ounce) serving (33): NameAmount% Daily ValueCalories42 kcalCarbohydrates3.15 gFat2.38 g3.1%Saturated Fat1.45 g7.3%Protein2.14 g4.3%Cholesterol9.14 mg3.0%Sodium33.4 mg1.5%Table 11: Nutrition facts for evaporated milk per fluid ounce) serving (33): NameAmount% Daily ValueCalories42 kcalCarbohydrates3.15 gFat2.38 g3.1%Saturated Fat1.45 g7.3%Protein2.14 g4.3%Cholesterol9.14 mg3.0%Sodium33.4 mg1.5%Table 11: Nutrition facts for evaporated milk per fluid ounce) serving (33): NameAmount% Daily ValueCalories42 kcalCarbohydrates3.15 gFat2.38 g3.1%Saturated Fat1.45 g7.3%Protein2.14 g4.3%Cholesterol9.14 mg3.0%Sodium33.4 mg1.5%Table 11: Nutrition facts for evaporated milk per fluid ounce) serving (34): NameAmount% Daily ValueCalories42 kcalCarbohydrates3.15 gFat2.38 g3.1%Saturated Fat1.45 g7.3%Protein2.14 g4.3%Cholesterol9.14 mg3.0%Sodium33.4 mg1.5%Table 11: Nutrition facts for evaporated milk per fluid ounce) serving (35): NameAmount% Daily ValueCalories42 kcalCarbohydrates3.15 gFat2.38 g3.1%Saturated Fat1.45 g7.3%Protein2.14 g4.3%Cholesterol9.14 mg3.0%Sodium33.4 mg1.5%Table 11: Nutrition facts for evaporated milk per fluid ounce) serving (36): NameAmount% Daily ValueCalories42 kcalCarbohydrates3.15 gFat2.38 g3.1%Saturated Fat1.45 g7.3%Protein2.14 g4.3%Cholesterol9.14 mg3.0%Sodium33.4 mg1.5%Table 11: Nutrition facts for evaporated milk per fluid ounce) serving (37): NameAmount% Daily ValueCalories42 kcalCarbohydrates3.15 gFat2.38 g3.1%Saturated Fat1.45 g7.3%Protein2.14 g4.3%Cholesterol9.14 g4.3%Cholestero
serving For a complete guide to evaporated milk, please refer to the following article: What Is Evaporated Milk? Nutrition, Benefits, and Uses Category: Frozen dairy products Gelato is an Italian frozen dessert made with cream, sugar, milk, and additional optional ingredients such as chocolate, fruit, and nuts. Although gelato is a variety of ice-cream
there are some distinctions that make it unique. These include a higher proportion of cream, as well as a lower speed churning process that results in a smoother, softer texture as the gelato incorporates less air (34). However, due to its denser texture, gelato tends to have a higher fat and calorie content compared to
regular ice-cream. Here are the typical nutritional values for a 160-gram scoop of chocolate-flavored gelato (35): NameAmount% Daily ValueCalories402 kcalCarbohydrates31.7 g11.5%Fiber1.44 g5.1%Sugars27.8 gFat27.2 g34.9%Saturated Fat16.6 g83.0%Protein7.55 g15.1%Cholesterol96 mg32.0%Sodium91.2 mg4.0%Table 12: Nutrition facts for
gelato (chocolate flavor) per 160-gram scoop Category: Butter and pure fats Ghee is a traditional Indian food that has been around for centuries. This dairy product is a higher-fat, richer, and creamier version of butter, renowned for its great taste. The preparation method of making ghee is relatively straightforward and involves gently simmering
 butter on the stove until the milk solids (proteins and sugars) separate and can be strained out. The result is a clarified butter that solidifies as it cools. Compared to regular butter, ghee is less likely to burn during cooking because it lacks the milk solids and sugars. Here is the nutritional profile of ghee per 13-gram tablespoon serving, based on data
from the NCC Food and Nutrient Database (36): NameAmount% Daily ValueCalories112 kcalCarbohydrates0 g0% DVFiber0 g0% DVSodium0.26 mg00% DVTable 13: Nutrition facts for ghee per tablespoon (13g) serving Category: Frozen
dairy products Ice-cream is a traditional and very popular dessert made from frozen cream and milk. This dairy base is combined with sugar and flavors such as vanilla, chocolate, and different varieties of fruit. Since ice-cream contains more air than gelato, it has a lower content of fat and overall calories. Here are the nutritional properties of
chocolate-flavored ice-cream per 120-gram scoop (37): NameAmount% Daily ValueCalories259 kcalCarbohydrates33.8 g12.3%Fiber1.44 g5.1%Sugars30.5 gFat13.2 g16.9%Saturated Fat8.16 g40.8%Protein4.56 g9.1%Cholesterol40.8 mg13.6%Sodium91.2 mg4.0%Table 14: Nutrition facts for ice-cream (chocolate) per 120-gram scoop Category: Liquid
products There are numerous milk varieties available, from regular cows milk to goat milk and reduced-fat options. Each type varies significantly in taste and nutritional content, making the best choice dependent on individual preferences. For more detailed information, refer to our guide on 24 different types of milk. Here are the basic nutritional
properties of whole milk per 244-gram (1 cup) serving (38): NameAmount% Daily ValueCalories149 kcalCarbohydrates11.7 g4.3% DVFiber0 g0% DVSodium105 mg4.6% DVTable 15: Nutrition facts for whole milk per 244-gram cup
serving Category: Fermented dairy foods Kefir is a nutritious fermented dairy food originating from Russia and it provides large amounts of beneficial bacteria. To make kefir, starter grains are combined with milk and left to ferment in a warm place. These grains are not cereal grains like wheat, barley or oats; instead, it is just a phrase given to the
clusters of bacterial cultures. During fermentation, lactic acid breaks down the lactose in milk. The resulting kefir resembles sour cream; it is thick and quite sour. Research indivates that the bacteria in kefir might offer some health benefits, particularly for gut health. For example, studies indicate potential immune modulation and anti-inflammatory
properties (39, 40). That said, more research is necessary from controlled trials before we can confirm these benefits in humans. A 243-gram cup of low-fat kefir provides the following nutritional values (41): NameAmount% Daily ValueCalories 10.6 g8.0%
DVProtein 9.21 g18.4% DVCholesterol 12.2 mg4.1% DVSodium 97.2 mg4.2% DVTable 16: Nutrition facts for low-fat kefir per 243-gram cup serving Category: Specialty dairy products Over the past several years, numerous protein pudding brands have appeared on store shelves. Protein puddings are high-protein dairy products typically made from
skimmed milk, milk protein, thickeners, flavorings, and sweeteners. They offer a protein-rich snack option with relatively few calories. The products are available in various flavors, such as chocolate and vanilla, and are aimed at busy people and gym-goers looking for a convenient, on-the-go snack. They tend to come in single-serve containers. Using
data from Nutritionix, a typical protein pudding weighing 128 grams provides the following nutritional values (42): NameAmount% Daily ValueCalories106 kcalCarbohydrates1.6 g0.6% DVFiber0.8 g2.9% DVSodium43 mg1.9% DVTable 17: Nutrition
facts for a 4.5 oz (128g) protein pudding serving Category: Cheese Originating in Germany, quark is a soft fermented cheese known for its high protein content. While popular in Northern and Central Europe, quark is not as widely known outside health and fitness circles in the West. It is a kind of curd cheese that shares some nutritional similarities
with cottage cheese. Quark has a mild and slightly creamy taste with slightly sour notes. However, flavored and sweetened quark products are also available, which can significantly differ in taste. Since quarks product is very low in fat and carbohydrates. As a protein-rich
dairy food, quark offers a convenient way to increase protein intake. Based on data from My Fitness Pal, a fat-free quark provides the following nutritional values per 150-gram container (43): NameAmount% Daily ValueCalories91 kcalCarbohydrates5.5 g2% DVFiber0 g0% DVSugars5.5 gFat0.5 g3.2% DVSaturated Fat0 g0% DVProtein17.5 g35%
DVCholesterol0% DVSodium50 mg2.2% DVTable 18: Nutrition facts for fat-free quark per 150-gram serving Category: Fermented dairy product originating from Iceland and it has several potential health benefits. For instance, it is high in protein and contains a wealth of probiotic bacteria (44). Although Skyr meets theorem.
definition of cheese, it resembles yogurt in appearance. Similar to quark and cottage cheese, Skyr is made from low-fat milk, making it a protein-dense food relative to its calorie content. It is also low in dietary fat. The production of Skyr involves mixing skim milk with bacterial starters and rennet, which allows the milk to thicken through coagulationers.
Skyr is now widely available worldwide. Based on data from the NCC database, 0% fat Skyr provides the following nutritional values per 245-gram cup (45): NameAmount% Daily ValueCalories152 kcalCarbohydrates9.34 g3.4% DVFiber0 g0% DVSugars9.34 gFat0.44 g0.6% DVSaturated Fat0.29 g1.5% DVProtein26.08 g52.2% DVCholesterol4.39
mg1.5% DVSodium89.95 mg3.9% DVTable 19: Nutrition facts for Skyr per 245-gram cup Category: Fermented dairy foods Sour cream is a delicious dairy product made by fermenting cream with a lactic acid bacterial culture. The fermentation process gives sour cream its distinctive sour taste that combines with its creamy texture and high fat
content. Sour cream is a versatile ingredient in various recipes and plays a significant role in Mexican cuisine, where it is often paired with condiments like guacamole and salsa. Nutritionally, sour cream provides a source of vitamins A, D, and calcium. Here is the nutritional profile per 100 grams of sour cream (46): NameAmount% Daily
ValueCalories196 kcalCarbohydrates5.56 g2.0% DVFiberSugarsFat18.0 g23.1% DVSadium50 mg2.2% DVTable 20: Nutrition facts for sour cream per 100 grams For more details, see here: a nutritional guide to sour cream. Category: Cheese This dairy product might just
win the award for being the most difficult to pronounce. Uunijuusto is a traditional baked dessert from Finland, made by mixing cows colostrum with salt and then baking it in the oven. For those unfamiliar, colostrum with salt and then baking it in the oven. For those unfamiliar, colostrum with salt and then baking it in the oven. For those unfamiliar, colostrum with salt and then baking it in the oven.
translates to oven cheese in English. Using data from My Fitness Pal, here are the nutritional values for 100 grams of uunijuusto (47): NameAmount% Daily ValueCalories66 kcalCarbohydrates4 g1.5% DVFiberSugars4 gFat3.4 g4.4% DVSaturated FatProtein4.6 g9.2% DVCholesterolSodiumTable 21: Nutrition facts for uunijuusto per 100 grams
Category: Fermented dairy foods Viili is a Scandinavian fermented dairy food that is particularly popular in Finland and Sweden. Similar to kefir, viil develops a thick yogurt-like consistency and provides the same potential probiotic
benefits as other fermented dairy foods. According to data from My Fitness Pal, Viili made from whole milk offers the following nutritional content per cup serving (48): NameAmount% Daily ValueCalories160 kcalCarbohydrates2 g0.7% DVFiberSugarsFat7 g9.0% DVFotein12 g24% DVCholesterol35 mg11.7% DVSodium125
mg5.4% DVTable 22: Nutrition facts for viili per 100 grams Category: Dried products In recent years, whey has become one of the most popular dairy products, mainly due to its concentrated and convenient source of protein. Whey offers a quick and easy way to boost protein intake, whether on the go, at the gym, or at home. As a processed food,
pure whey protein is considered to be a relatively healthy product, providing a range of highly bioavailable amino acids. Whey is a by-product of the cheese-making process, made from the leftover liquid. Notably, whey protein boasts an incredibly high protein density, typically ranging from 70% to 90% by weight, depending on the product. Here is
the nutrition profile of a standard whey protein per 100 grams (49): NameAmount% Daily ValueCalories352 kcalCarbohydrates6.25 g2.3% DVFiber3.1 g11.1% DVSugars0 gFat1.56 g2.0% DVSodium156 mg6.8% DVTable 23: Nutrition facts for whey protein per 100
grams For a complete guide to whey protein, see this in-depth review. Category: Cream-based dairy products Unlike regular cream, whipped cream from an aerosol typically include sugar and emulsifiers, but cream is still the primary ingredient, making up about 95% of the product
Whipped cream is typically used as a dessert topping or for topping milkshakes and milky coffee drinks. Based on data from the NCC database, here are the nutritional values for one ounce (28.35g) of whipping cream from an aerosol can (50): NameAmount% Daily ValueCalories73 kcalCarbohydrates3.54 g1.3% DVFiber0 g0% DVSugars2.27 gFat6.30
g8.1% DVSaturated Fat3.92 g19.6% DVProtein0.91 g1.9% DVCholesterol21.55 mg7.2% DVSodium2.27 mg0.1% DVTable 24: Nutrition facts for whipped cream from an aerosol can per ounce (28.35g) serving Category: Fermented dairy foods Ymer is a soured milk dairy product from Denmark. To make ymer, producers add a lactic acid bacterial
culture (Lactococcus lactis) to whole milk and leave it to ferment. After fermentation, the whey portion of ymer is drained away, which gives it a thicker texture while also increasing the solid protein content (51). Ymer has a tart flavor and a thick consistency similar to mousse. Nutritionally, ymer provides the following nutrients per 100 grams. The
data source is the National Food Institute with the Technical University of Denmark (52): NameAmount% Daily ValueCalories72 kcalCarbohydrates4.1 g1.5% DVFiber0 g0% DVSodium46.8 mg2.0% DVTable 25: Nutrition facts for ymer per 100
grams Category: Fermented dairy foods Yogurt is one of the most popular foods in the world. Its producers add bacterial cultures (Lactobacillus and Streptococcus) to milk (53). The temperature is kept warm for a few hours, and then the yogurt is
 allowed to cool. After this, the yogurt needs to remain warm to ferment; the more extended the fermentation period, the sourer the yogurt will be. Yogurt has been the focus of a wide variety of studies and is thought to have several potential health benefits. For example, in large systematic reviews and meta-analyses, yogurt intake is associated with a
decreased risk of chronic diseases like cardiovascular disease and cancer (54, 55, 56, 57). The exact nutritional composition of yogurt will depend on its milkfat content and any additional ingredients present. However, here is the nutritional composition of yogurt will depend on its milkfat content and any additional ingredients present. However, here is the nutritional composition of yogurt will depend on its milkfat content and any additional ingredients present.
kcalCarbohydrates11.4 g4.1%Fiber0 g0%Sugars11.4 gFat7.96 g10.2%Saturated Fat5.14 g25.7%Protein8.5 g17.0%Cholesterol31.8 mg10.6%Sodium113 mg4.9%Table 26: Nutrition facts for yogurt is a little different from regular yogurt. This dairy product has a
thicker and creamier texture and contains more protein and less lactose than regular yogurt. Learn more: Greek Yogurt 101: Nutrition Facts and Health Benefits There are also a wide range of protein yogurts produced to have a high protein content. These options are typically made with non-fat milk and sometimes further enhanced with protein
powders. Learn more: The Benefits of Protein Yogurt (and Its Nutritional Values) Category: Fermented dairy foods It would be easy to call Zincica the Slovakian version of kefir. First of all, Zincica does share many traits with kefir the main difference being the type of milk. To make Zincica, sheeps milk is fermented with a variety of lactic acid
 bacterial cultures. After fermentation, people consume it as a drink. Per 100 ml, Zincica provides the following nutrients (59): NameAmount% Daily ValueCalories40 kcalCarbohydrates4.8 g1.7% DVSodium40 mg1.7% DVTable 27:
Nutrition facts for Zincica per 100 grams Here are the answers to some common further questions about dairy foods. Are eggs a dairy product? No, eggs are not dairy, Dairy products by weight, but more processed dairy products like cheese,
butter, and whey protein contain much less. This is because, with cheese, bacteria ferment lactose into lactic acid during the fermentation process. Butter is an almost pure source of dairy protein, and much of the carbohydrates
(lactose) and fat has been removed. Dairy products like yogurt, quark, kefir, sour cream and other fermented products also contain less lactose than milk. Does dairy cause inflammation? It is possible to see online claims that dairy causes inflammation? It is possible to see online claims that dairy causes inflammation? It is possible to see online claims that dairy causes inflammation? It is possible to see online claims that dairy causes inflammation? It is possible to see online claims that dairy causes inflammation? It is possible to see online claims that dairy causes inflammation? It is possible to see online claims that dairy causes inflammation? It is possible to see online claims that dairy causes inflammation? It is possible to see online claims that dairy causes inflammation? It is possible to see online claims that dairy causes inflammation? It is possible to see online claims that dairy causes inflammation? It is possible to see online claims that dairy causes inflammation? It is possible to see online claims that dairy causes inflammation? It is possible to see online claims that dairy causes inflammation? It is possible to see online claims that dairy causes inflammation? It is possible to see online claims that dairy causes inflammation? It is possible to see online claims that dairy causes inflammation? It is possible to see online claims that dairy causes inflammation? It is possible to see online claims that dairy causes inflammation? It is possible to see online claims that dairy causes inflammation that dairy causes inflammation that dairy causes inflammation? It is possible to see online claims that dairy causes inflammation that dairy causes inflammation? It is possible to see online claims that dairy causes inflammation that dairy causes inflam
have looked into this topic and found little evidence for dairy having an inflammatory effect. In fact, these reviews demonstrated a neutral to beneficial effect of dairy on markers of inflammation, most of them have become available outside their
home nation. Making most of these fermented dairy products from home is also possible, and recipes are only an Internet search away. Overall, many dairy products provide a range of beneficial nutrients and provide an enjoyable taste too. For more dairy ideas, see this list of heavy cream alternatives. Related Articles Lactaid Pills: A Solution For
Lactose Intolerance? Entertainment & Pop Culture Food dairy product, milk and any of the foods made from milk, including butter, cheese, ice cream, yogurt, and condensed and dried milk. Milk has been used by humans since the beginning of recorded time to provide both fresh and storable nutritious foods. In some countries almost half the milk
produced is consumed as fresh pasteurized whole, low-fat, or skim milk. However, most milk is manufactured into more stable dairy products of worldwide commerce, such as butter, cheese, dried milk, ice cream, and condensed milk. Cows milk (bovine species) is by far the principal type used throughout the world. Other animals utilized for their milk is manufactured into more stable dairy products of worldwide commerce, such as butter, cheese, dried milk, ice cream, and condensed milk.
production include buffalo (in India, China, Egypt, and the Philippines), goats (in the Mediterranean countries), reindeer (in northern Europe). This section focuses on the processing technology described for cows milk can be
successfully applied to milk obtained from other species. In the early 1800s the average dairy cow produced less than 1,500 litres (3,641 gallons) of milk annually. With advances in animal nutrition and selective breeding, one cow now produced less than 1,500 litres (3,641 gallons) of milk annually.
gallons). The Holstein-Friesian cow produces the greatest volume, but other breeds such as Ayrshire, Brown Swiss, Guernsey, and Jersey, while producing less milk, are known for supplying milk that contains higher levels of fat, protein, and total solids. See also dairy farming. Although milk is a liquid and most often considered a drink, it contains
 between 12 and 13 percent total solids and perhaps should be regarded as a food. In contrast, many solid foods, such as tomatoes, carrots, and lettuce, contain as little as 6 percent solids. Whats on the Menu? Vocabulary Quiz Many factors influence the composition of milk, including breed, genetic constitution of the individual cow, age of the cow
stage of lactation, interval between milkings, and certain disease conditions. Since the last milk drawn at each milking is richest in fat, the completeness of milking also influences a sample. In general, the type of feed only slightly affects the composition of milk, but feed of poor quality or insufficient quantity causes both a low yield and a low
percentage of total solids. Current feeding programs utilize computer technology to achieve the greatest efficiency from each animal. The composition of milk varies among mammals, primarily to meet growth rate of the individual species. The proteins contained within the mothers milk are the major components contributing to the growth rate of the individual species.
the young animals. Human milk is relatively low in both proteins and minerals compared with that of cows and goats. Goat milk has about the same nutrient composition as cows milk, but it differs in several characteristics. Goat milk is completely white in colour because all the beta-carotene (ingested from feed) is converted to vitamin A. The fat
globules are smaller and therefore remain suspended, so the cream does not rise and mechanical homogenization is unnecessary. Goat milk curd forms into small, light flakes and is more easily digested, much like the curd forms into small, light flakes and is more easily digested, much like the curd forms into small for some patients.
afflicted with stomach ulcers. Sheep milk is rich in nutrients, having 18 percent total solids (5.8 percent protein and 6.5 percent fat). These high-fat, high-protein milks are excellent ingredients for cheese and other manufactured
dairy products. The major components of milk are water, fat, protein, carbohydrate (lactose), and minerals (ash). However, there are numerous other highly important micronutrients such as vitamins, essential amino acids, and trace minerals. Indeed, more than 250 chemical compounds have been identified in milk. The table shows the composition of
fresh fluid milk and other dairy products. Nutrient composition of dairy products (per 100 g)dairy product energy (kcal) water (g) protein (g) fat (g) carbohydrate (g) fat 
667 0.520 184 Cheddar cheese 403 37 24.90 33.14 1.28 105 1,059 0.375 721 cottage cheese 103 79 12.49 4.51 2.68 15 163 0.163 60 cream cheese 349 54 7.55 34.87 2.66 110 1,427 0.197 80 mozzarella cheese** 280 49 27.47 17.12 3.14 54 628 0.343 731 Parmesan cheese, grated 456 18 41.56 30.02 3.74 79 701 0.386 1,376 Emmentaler (Swiss)
cheese 376 37 28.43 27.54 3.38 92 845 0.365 961 Dairy foods include a range of food and beverage products that make up classic combinations: cereal with milk, cheese and crackers, vogurt and berries, ice cream sundaes. While ice cream and cream cheese are examples of indulgent dairy foods that are viewed as every-so-often treats, a lack of
clarity exists over other dairy foods that offer protein, calcium, vitamin D, and other healthful nutrients. Is cheese a healthy food? Is non/low-fat milk and yogurt better for the heart than full-fat versions? Traditionally, whole milk dairy products have been viewed as the less healthful choice because of their predominant type of fatsaturated fat.
Saturated fats were targeted in the 1970s and 1980s as potentially causing harm to health. The Dietary Guidelines for Americans in 1980 recommended choosing non/low-fat dairy foods in place of full-fat versions (except for young children). In 2010, the Healthy, Hunger-Free Kids Act required schools in the U.S. to replace whole milk with non/low-fat
unflavored milk or non-fat flavored milk. Sales of low-fat and fat-free milks, yogurts, and cheeses skyrocketed despite complaints about their lack of flavor and satisfaction. The 2015-2020 Dietary Guidelines recommend three 1-cup (8 ounce) servings of non/low-fat milk or similar amounts of low-fat cheese, yogurt, or other dairy foods for adults and
children over 9 years old to increase calcium intake and reduce the risk of bone fractures. [1] To the surprise of many, research in the 2000s defied these longstanding guidelines to suggest that full-fat dairy products. Upon closer
examination, they realized that dairy foods are not one and the same. The fermentation process required to make cheese and yogurt may import unique health benefits as well as improved digestibility from a lower lactose content. That said, how people eat dairy is important to consider. Take cheese for example: is it consumed melted on fast-food
burgers, pasta, and pizza that are already high in relined carbonydrate, sodium, and saturated fat? Or is it served in thin wedges, eaten with fresh fruit as a snack or dessert? Another key point is frequency and amount. If people drink several glasses of low-fat milk or snack on reduced-fat cheese throughout the day, they might end up eating as much
saturated fat (or more) than if they had consumed one glass of whole milk or serving of full-fat cheese. These questions are important to consider when reviewing scientific research on dairy foods. The nutrients and types of fat in dairy are involved with bone health, cardiovascular disease, and other conditions. Calcium, vitamin D, and phosphorus are
important for bone building, and the high potassium content of dairy foods can help lower blood pressure. Studies on dairy have limitations that may be a cause of seemingly conflicting findings. In observational studies, people who consume a high amount of milk may be different from those who do not in ways that are not fully captured by statistical
adjustments. Randomized clinical trials tend to be short in duration with a small number of participants, making it difficult to see possible effects of dairy intake on chronic disease and bone fractures that take years to develop. Thus, longer-term epidemiological studies may provide additional insights. Bone health The
recommendations for dairy foods from the Dietary Guidelines for Americans 2015-2020 are based on short-term clinical trials that have shown that higher intakes of calcium result in small increases in bone mineral density. However, after one year the differences in bone density are not significant compared with a placebo. [2] Meta-analyses of
prospective studies have not found an association of total dairy food intake and hip fracture risk. [3,4]The effects of dairy foods are of special interest with children due to calcium and vitamin D playing an important role in bone growth. These nutrients are essential, but the critical question is the amount needed to minimize bone fracture risk.
randomized controlled trial followed 240 girls and boys between the ages of 9-16 years for 18 months who had a lower dairy intake at baseline (less than 800 mg of calcium daily). It found no differences in bone mineral density in children who ate up to 3 servings versus 2 servings of dairy daily. [5] These findings suggest that more than two servings
per day will not increase bone mineral density. A large cohort study following 96,000 men and women over 22 years did not find that greater intakes of milk per day during teenage years was associated with a 9% greater risk of
hip fracture in men. Part of this risk was related to a taller height, an independent risk factor for hip fractures. No association was found in teenage girls. Sometimes research looks at calcium is lost by the body). Calcium
balance is positive during growing phases, such as in childhood and adolescence. Calcium balance is negative in the elderly, when the risk of bone loss increases. Studies have found that amount of calcium balance is negative in the elderly, when the risk of bone loss increases. Studies have found that amount of calcium balance is negative in the elderly, when the risk of bone loss increases.
dairy foods daily provides about 900-1000 mg calcium, some studies have shown that children and adults can achieve positive calcium balance with as little as 400 mg daily. [7,8] Cardiovascular disease More than half of the type of fat in dairy is saturated, which is a known risk factor for heart disease and the reason why the Dietary Guidelines for
Americans recommends only non/low-fat dairy products. However, removing one type of food from the diet usually means replacing it with another. Swapping saturated fat with low-fat foods but also possibly more refined carbohydrates may help to lower LDL bad cholesterol but can raise triglycerides, a different risk factor for cardiovascular disease.
High blood levels of triglycerides can lead to hardening of the arteries. Based on large cohort studies, dairy foods appear protective from cardiovascular disease is seen eating dairy foods in comparison with fish, nuts, or
unsaturated fats. The results were similar with full-fat versus low-fat dairy. [9-11]The PURE (Prospective Urban Rural Epidemiology) study, a large multinational cohort following more than 136,000 participants from 21 countries for nine years looked at the relationship between dairy intake and mortality and cardiovascular disease. [12] It found that a
higher intake of dairy (2+ servings daily), specifically milk and cheese, compared with no intake was associated with a 17% lower risk of stroke. A higher intake of saturated fat from dairy sources was not associated with death or CVD. The PURE study included
primarily low-income and middle-income countries where refined carbohydrates are a greater part of the diet and dairy foods are less commonly eaten. Therefore, in countries where food variety is more limited, adding a moderate amount of dairy may show a benefit with cardiovascular health if it replaces carbohydrate in the diet. Diabetes The
evidence on dairy foods and their relation to type 2 diabetes mellitus (T2DM) is inconclusive. While population studies on total dairy intake tend to show little or no association with T2DM, closer evaluations of specific foods like yogurt suggest a possible protective effect. The protein and probiotics in yogurt may help to lower blood glucose and affect
gut microbiota that prevents weight gain. [13]A meta-analysis of 22 cohort studies with more than 579,000 individuals found a weak association between higher total dairy intake (both full-fat and low-fat types) and lower risk with
moderate intakes. A prospective study of three large cohorts of 194,458 men and women from the Health Professionals Follow-up Study and the Nurses Health Study I and II found that total dairy intake including high and low-fat dairy was not associated with risk of T2DM. [15] However, one serving of yogurt daily was associated with a 17% reduced
risk of diabetes. The types of saturated fats in dairy have also gained greater attention, as some types of saturated fats in dairy are different than those in red meat, and may have a more neutral effect on blood cholesterol. A study of 3,333 adults from the Nurses Health Study and Health Professionals Follow-up Study assessed the participants
blood levels of various dairy fatty acids. [16] It found that higher blood levels of these saturated fatty acids were associated with less incidents of T2DM. However, it is possible the metabolic abnormalities that precede the diagnosis of T2DM by many years may have affected the blood levels of these fatty acids. Weight It has been speculated that
although full-fat dairy contains more calories and fat than reduced-fat dairy, full-fat versions may taste better and be more filling. This in turn might prevent extra snacking between meals or even eating less over the course of a day. However, randomized clinical trials have not shown an overall effect of dairy foods on weight loss or body weight
changes. [17] In a large prospective study of three cohorts of men and women, intakes of low-fat and whole milk and cheese had no associated with less weight gain over time. [18] Cancer The fat in dairy foods contains estrogenic hormones that are associated with a higher risk of some
hormone-related cancers. High amounts of dairy foods in the diet have been associated with a lower risk of colorectal cancer, including endometrial and prostate, but with a lower risk of colorectal cancer. Findings for breast cancer have not been consistent [8]. A prospective study of 68,019 women found that total dairy intake was associated with a greater risk of
endometrial cancer among postmenopausal women who were not receiving hormone therapy, [19] a finding possibly related to the sex-hormone content of dairy products. A prospective study of 926 men from the Physicians Health Study diagnosed with non-metastatic prostate cancer and followed for up to 10 years looked at dairy intake in relation to
cancer deaths. [20] Men eating three or more servings daily of total dairy products had a 76% increased risk of death from all causes and 141% increased risk of death from prostate cancer compared with those who at eless than one dairy food a day. There was little difference in risk between high-fat and low-fat dairy. A 2014 meta-analysis found
that high intakes of dairy products, milk, low-fat milk, cheese, and total, dietary, and dairy calcium, but not supplemental or nondairy calcium, may increase total prostate cancer risk. According to the authors, the results suggest that other components of dairy foods rather than fat and calcium may increase prostate cancer risk. [21]The World Cancer
Research Fund reports strong evidence that dairy foods decrease the risk of colorectal cancer. This is likely due, at least in part, to their high content of calcium. [22] A study following 477,122 men and women for 11 years looked at whole-fat and low-fat dairy foods and colorectal cancer; it did not find a difference in the apparent protective effect of
dairy foods based on the fat content. [23] In one prospective study of 52,795 North American women, higher intakes of milk (but not cheese or vocurt) were associated with greater risk of breast cancer, [24] However, in another study of diets in adolescents, milk intake was shown to be unrelated to a future risk of breast cancer, [25] The production of
dairy foods places considerable demand on land, water, and other natural resources, and dairy-producing ruminant animals like cattle, sheep, and goats generate methanea powerful greenhouse gas. In identifying a dietary pattern both healthy for people and sustainable for the planet, the planetary health diet sets the target for dairy foods at 250
grams per day (with a range of 0 to 500 grams per day). 250 grams is about one (8-ounce) cup of milk, yogurt, or equivalent amounts to about 1 oz of hard cheese). If everyone were to consume 2 servings of dairy per day, climate change would be difficult to control. [26] Both full-fat and
non/low-fat dairy foods can be good sources of protein, calcium, B vitamins, and vitamin D. Dairy foods that undergo fermentation, such as yogurt and some cheeses, are lower in lactose and contain healthful gut bacteria that may benefit digestive health. However, the nutrients in milk can be found in other foods and therefore it is not an essential
food even for the normal growth and development in children and for the prevention of health conditions like bone fractures. Although full-fat dairy will depend on the sources calories that replace the dairy fat. If this is sugar
there may be little difference, but if this is unsaturated fat (such as in nuts or plant oils), the lower fat version would be better. The total amount of fat would with 3 or more serving per day. Thus, while more research emerges, the type
of dairy one incorporates into their dietary pattern can be a matter of personal preference. Some people enjoy using non-fat milk in their cereal or eating a low-fat Greek vogurt. Others may find that choosing a richer full-fat vogurt as an afternoon snack works well to prevent extra snacking before dinner. The overall dietary pattern is key, and
creating a balanced plate allows for 0 to 2 servings daily of dairy (of any type) can be healthy. Learn more about some specific types of dairy foods: Research on milk and how milk intake is measured. Learn more about this
popular beverage. Did you know that references to yogurt and health date back to 6000 BCE? Learn about the history and current research surrounding this fermented food. Countries around the world have experimented with cheese-making, varying the types of milk, how long the cheese is allowed to age and ripen, and using different additives like
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prospective cohorts. Circulation. 2016 Apr 26;133(17):1645-54.*Disclosure: DM reports ad hoc honoraria from Amarin, Astra Zeneca, Haas Avocado Board, Bunge, and Life Sciences Research Organization. Harvard University holds a patent, listing DM among co-inventors, for use of trans-palmitoleic acid to prevent and treat insulin resistance, type 2
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But as we enjoy these products, its also worth exploring their products, its also worth exploring their products are made from the milk of mammals like cows, goats and sheep. They offer unmatched versatility and nutritional value, serving as essential ingredients in countless dishes. But as we enjoy these products, its also worth exploring their products are made from the milk of mammals like cows, goats and sheep. They offer unmatched versatility and nutritional value, serving as essential ingredients in countless dishes. in. The world of dairy products is incredibly diverse, encompassing everything from fresh milk to aged cheeses and cultured creations like yogurt and kefir. Each type of dairy product serves unique culinary purposes and offers distinct nutritional benefits. Understanding these differences helps us appreciate their roles in our diets and the effort that goes into their production. Lets take a close look at some of the most popular types of dairy foods. Of course, milk is the foundational dairy product, often pasteurised to eliminate harmful bacteria. It can also undergo homogenisation to prevent cream from separating. Variants include raw, whole, skimmed, semi-skimmed and lactose-free options. Milk is versatile, used in beverages, cereals, cooking, baking and making other dairy products. It forms the base for sauces like behamel and is essential nutrients like calcium, protein, vitamins B2 and B12 and phosphorus. Whole milk contains more fat than skimmed or semi-skimmed versions but also offers fat-soluble vitamins such as A and D. Lactose-free milk offers the same nutritional benefits but is suitable for those with lactose intolerance. Cheese is made by curdling milk using rennet or acid. The curds are then processed, aged or moulded into various textures and flavours. Cheddar, Brie, Feta, Gouda and Havarti are just a few examples of the vast cheese family. Cheese is incredibly versatile. It enhances dishes with its melting properties, making it ideal for pizzas, pastas and grilled sandwiches. Hard cheeses like Parmesan are grated over pasta and salads, while soft cheeses like Brie and Camembert are enjoyed on crackers or bread. Cheese is also central to many traditional dishes, such as fondue and quesadillas, and serves as an excellent pairing for wines on cheese boards. Beyond savoury uses, cheeses like Ricotta and Mascarpone are pivotal in desserts like cheese can also be crumbled over soups, stuffed into meats or baked into pastries. Cheese is a dense source of protein, calcium and fat. The nutritional profile varies like Parmesan are nutrient-rich. Blue cheeses like Stilton and Gorgonzola provide unique probiotics alongside their robust flavours. High-fat cheeses are energy-dense, while lower-fat options like cottage cheese offer a lighter alternative. Yoghurt is made by fermenting milk with specific bacterial cultures. The fermentation thickens the milk and imparts a tangy flavour. Varieties include plain, flavoured, Greek, and plant-based yogurts. Yoghurt can be eaten as is, used in smoothies, salad dressings or marinades, and serves as a base for desserts like frozen yoghurt adds tang to curries and soups. Its also a key ingredient in Middle Eastern dishes like tzatziki and Indian raita. In baking, yoghurt tenderises cakes and muffins, while flavoured yoghurts are enjoyed as a standalone snack or breakfast option. It is also used as a healthier base for dips and a nutritious. Rich in probiotics, yoghurt supports gut health. It also provides protein, calcium and vitamins B2 and B12. Greek yoghurt has a thicker texture and higher protein content compared to regular yoghurt. Low-fat varieties cater to those watching fats and a creamier texture, while flavoured yoghurts can include added sugars that should be consumed in moderation. Butter is a staple in baking, cooking, and as a spread. It enhances flavour and texture in recipes, from flaky pie crusts to sauted vegetables. Clarified butter, or ghee, is prized in Indian cuisine for its nutty flavour and high smoke point. Butter is essential for sauces like hollandaise and beurre blanc and adds richness when melted over steaks or popcorn. As a finishing touch, compound butters infused with herbs or spices elevate simple dishes. In baking, butter creates tender cakes, cookies and pastries, while in savoury dishes, it enriches mashed potatoes, risottos and pasta sauces. While margarine may look similar to butter, it will almost always fall short when it comes to flavour, texture and applications in cooking and baking. Butter is high in fat and provides fat-soluble vitamins A, D, E, and K. Its calorie-dense and best consumed in moderation. Ghee, in particular, retains vitamins and is lactose-free, making it suitable for those with specific dietary restrictions. Moreover, grass-fed butter contains higher levels of omega-3 fatty acids and CLA (conjugated linoleic acid), which have potential health benefits. Cream is the fatty portion of milk, skimmed off before homogenisation. It comes in different fat levels, such as single, double, and whipping cream is stirred into soups, sauces, desserts and beverages like coffee. Double cream is whipped for toppings, while single cream is stirred into soups for a silky texture. Its also used in decadent desserts like panna cotta and crme brie. In savoury dishes, it forms the base of Alfredo and carbonara sauces, while in beverages, it transforms coffee and hot chocolate into indulgent treats. Heavy cream is essential in frostings, ice cream bases and fat but low in protein. Its a good source of vitamin A. Whipping cream contains slightly more protein than single cream, making it a versatile choice for both culinary and nutritional needs. Like butter, cream from grass-fed cows offers higher levels of beneficial fatty acids, Made from cream, sugar, and flavourings, ice cream is churned and frozen. Its a popular dessert but high in sugar and fat. Varieties include gelato and sorbet, offering diverse textures and flavours. A fermented milk drink rich in probiotics, kefir supports digestive health. Its tangier and thinner than yoghurt. It can be consumed plain, added to smoothies, or used as a base for salad dressings. Milk can be dehydrated into powder for long-term storage. It retains nutrients but lacks the freshness of liquid milk. Its often used in baking or as a backup for emergencies. A by-product of cheesemaking, whey is rich in protein and used in supplements, smoothies, and baked goods. It is also used in certain beverages and food products to enhance nutritional content. High-protein options: Cheese, Greek yoghurt and whey are excellent sources of protein, making them ideal for muscle repair and growth. Whey protein, in particular, is a staple for athletes due to its quick absorption. Low-fat options: Skimmed milk and low-fat yoghurt cater to those monitoring their calorie intake while retaining essential nutrients. Rich in probiotics: Yoghurt and kefir support gut health by maintaining a balanced microbiome Probiotics also contribute to immunity and digestive efficiency. Energy-dense: Butter, cream and aged cheese provide concentrated energy, but their high-fat content makes them suitable for occasional indulgence rather than everyday consumption. Each product offers unique benefits. Choosing the right one depends on dietary goals, health conditions and culinary needs. Additionally, nutrient bioavailability varies among dairy products. For example, calcium in hard cheeses is often more concentrated than in milk, making them more tolerable for those with lactose intolerance. Staples: Milk and cheese are indispensable in both sweet and savoury dishes. Milk forms the base for sauces like bchamel, while cheese elevates everything from casseroles to salads. Desserts: Ice cream, cream and yoghurt add richness and variety to sweet treats. Whipped cream complements pies, while yoghurt is the foundation of creamy parfaits. Health-focused: Kefir and yoghurt serve as nutritious snacks and can replace higher-calorie ingredients in recipes. Yoghurt can substitute sour cream and kefir can enhance smoothies with its tangy flavour. Gourmet touches: Specialty cheeses like Brie or Gouda bring depth to cheese boards and pasta dishes. Clarified butter (ghee) adds a nutty richness to sauted vegetables. Creams luxurious texture enhances soups, while butter creates flaky pastry crusts. Modern dairy farming often involves intensive practices. Ethical concerns include animal confinement, milk production demands, and calf separation. Dairy farming contributes to greenhouse gas emissions, water consumption, and land use. Methane from cattle and the carbon footprint of transporting dairy products are significant factors. Organic dairy: Focuses on animal welfare and reduced environmental impact. Plant-based alternatives: Almond, soy, and oat-based products mimic dairy with lower environmental costs. Precision fermentation: Emerging technology for producing dairy-like proteins without animals. Precision fermentation uses microorganisms to produce casein and whey proteins identical to those found in traditional dairy. These proteins without animals. Precision fermentation uses microorganisms to produce casein and whey proteins identical to those found in traditional dairy. These proteins without animals. eliminates the need for livestock, reducing methane emissions and resource use while enabling ethical products, such as almond milk or soy yoghurt, mimic the characteristics of dairy but are entirely plant-based and lack the animal origin that defines dairy. These distinctions are important for dietary choices, such as veganism, and for those managing allergies to animal milk proteins. Dairy products are diverse and indispensable in many cuisines. They offer a broad range of nutritional benefits, but their production comes with ethical and environmental challenges. Exploring sustainable and humane alternatives can help balance enjoyment and responsibility. Cheese lover. Scientist. Created a website and a Youtube channel about cheese science because he could not find answers to his questions online. When I was a growing teenager, I drank as much milk as possible (often straight from the carton while standing in front of the open fridge, much to my mother's chagrin). I'd seen the TV ads milk and other dairy foods were the express ticket to stronger bones and bigger muscles. But today dairy's nutritional reputation is as clear as, well, a glass of milk. Dairy is either good or bad for you depending on the latest diet trend or recent study. So what is the truth is dairy healthy, or a health risk? "Dairy isn't necessary in the diet for optimal health, but for many people, it is the easiest way to get the calcium, vitamin D, and protein they need to keep their heart, muscles, and bones healthy and functioning properly," says Vasanti Malik, nutrition research scientist with the Harvard T.H. Chan School of Public Health. Dairy products as a source of calcium, which helps maintain bone density and reduces the risk of fractures. Adults up to age 50 need 1,000 milligrams (mg) of calcium per day. Women older than 50 and men older than 50 mg of calcium, depending on the brand and whether it's whole, low-fat, or nonfat. A typical serving of yogurt has about 187 mg of calcium, depending on the brand and whether it's whole, low-fat, or nonfat. A typical serving of yogurt has about 187 mg of calcium, depending on the brand and whether it's whole, low-fat, or nonfat. 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Older adults also need protein to protect against sarcopenia, the natural age-related loss of muscle mass and strength, and dairy can be a decent source. The recommended amount for older adults is 0.8 grams per kilogram of body weight. A 180-pound man would need about 65 grams of protein per day, and a 140-pound woman would need about 50 grams. Still, when it comes to the direct health impact of dairy, the existing science is mixed. Some research warns against consumption. Is one form of dairy better than another? The American Heart Association still recommends adults stick to fat-free or low-fat dairy products. But new research suggests full-fat dairy products and found no association between the consumption of most dairy products and cardiovascular disease. The exception was milk, but the results showed that only very high milk consumption an average of almost a liter a day was linked with a higher risk of cardiovascular disease. Some science has even suggested that the right kind of dairy may prevent heart disease. Some science has even suggested that the right kind of dairy may prevent heart disease. Some science has even suggested that the right kind of dairy may prevent heart disease. Some science has even suggested that the right kind of dairy may prevent heart disease. Some science has even suggested that the right kind of dairy may prevent heart disease. who ate plenty of fermented dairy products like yogurt and cheese had a smaller risk of coronary artery disease than men who ate less of these products. This supports earlier studies that showed that fermented dairy products. Another proposed benefit, however, has not panned out. "Despite the push by the US dairy industry to promote dairy products, especially milk, as a weight-loss tool, research hasn't supported that except when also restricting calories," says Malik. The bottom line When it comes to overall health benefits, it seems that dairy is neither a hero nor a villain. Adding some dairy to your daily diet a splash of milk in your coffee or a cup poured over your breakfast cereal, or a slice of cheese on a sandwich can help you get the calcium and protein you need. "But keep in mind that eating a well-balanced diet that includes plenty of green leafy vegetables and nuts can better help you get the calcium and protein you need." rather than relying too much on dairy," says Malik. Malik still prefers most people stick with low-fat dairy, as this helps reduce your intake of saturated fat but still offers good amounts of protein than regular milk. For a single go-to dairy source, Malik recommends plain Greek yogurt. (Avoid flavored versions, which are high in sugar). "It has more protein than regular yogurt and contains probiotics that help with qut health. And it's quite versatile, as you can eat it alone or add it to other dishes like smoothies and use it as a substitute for cream in recipes."

Dairy farming australia. Dairy industry australia. Dairy production in australia. Australian dairy industry. How is dairy produced.

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