

DAIRY PRODUCTS

Khurshida Askarova Ekram kizi

Karakalpak State University named after Berdak,
Faculty of Chemical Technology, 1-A, Student of Feed Technology

Abstract

This article provides information about dairy products. Information about what dairy products are, their benefits and harms for human health, and many products obtained from milk has been included.

Keywords: yogurt, yogurt, cream, ice cream, butter, B12, D vitamins.

INTRODUCTION

Dairy products, also called lacticinia, are food products made from (or containing) milk. The most milk-producing animals are cows, water buffaloes, nanny goats and sheep. Dairy products include common grocery store staples in the Western world, such as yogurt, cheese, and butter. The enterprise that produces dairy products is called a dairy factory. Dairy products are consumed to varying degrees around the world. Some people avoid some or all dairy products because of lactose intolerance, vegetarianism, or other health reasons or beliefs. KEY PARTS The dairy product group provides many nutrients including calcium, phosphorus, vitamin A, vitamin D (in vitamin D-fortified products), riboflavin, vitamin B12, protein, potassium, zinc, choline, magnesium, and selenium.

Benefits of dairy products. Dairy products contain calcium, vitamin D, potassium and It is a convenient source of nutrients such as protein. Calcium, potassium and vitamin D are essential for bone health. These nutrients ensure proper bone growth and development in children, increase bone density, and help maintain bone mass in adults. A diet that includes bone-building nutrients found in dairy products can help reduce the risk of osteoporosis. According to data, diets containing dairy products are associated with a lower risk of cardiovascular disease and type 2 diabetes in adults. Diets rich in potassium also help maintain healthy blood pressure by limiting sodium exposure.

The negative aspects of dairy products. Most dairy products are rich in saturated fat. Saturated fats raise low-density lipoprotein (LDL) or "bad" cholesterol levels. High LDL levels increase the risk of coronary heart disease. Some people have lactose intolerance. People with lactose intolerance cannot properly digest lactose, the sugar in milk. This can cause diarrhea, stomach pain or other gastrointestinal problems. Many dairy products, such as cheese, are high in sodium. Sugar is also added to some dairy products, not only ice cream, but also yogurt, frozen yogurt, cheesecake and other desserts. Milk contains natural sugars, so if you add more to sweetened yogurt, you can have the breakfast equivalent of ice cream.

Recently, interest in raw milk is increasing. Some argue that raw milk is better for health because it is more natural or that the pasteurization process destroys the health benefits of milk. Milk after optional homogenization or pasteurization, fat level produced after standardization in several varieties and after possible addition of *Streptococcus lactis* and *Leuconostoc citrovorum* bacteria. Milk can be divided into several different categories based on the type of product it is made from, including cream, butter, cheese, infant formula, and yogurt. Milk differs in fat content. Skim milk is milk with zero fat, while whole milk contains fat. Milk is a component of many confectionery products. Milk can be added to chocolate to produce milk chocolate.

SUMMARY AND DISCUSSION

Dairy products can contribute to a healthy diet, but be mindful of the type and amount of dairy products you consume. Dairy products offer protein, calcium and many other nutrients, but they can cause indigestion and contain high levels of saturated fat and sugar.

REFERENCES

1. www.wikipedia.uz
2. "Research and education on milk allergy - food - food allergy" www.foodallergy.org
February 8, 2016.