

MILK

SOURCE OF CALCIUM

ORIGIN

Milk is a biological fluid secreted by female mammals that provides energy and any required nutrients for growth and development of newly born members of the corresponding species.

Regular milk consumption by man dates to the Neolithic period, around 6000 years BC. Rock paintings found in the Sahara Desert indicate that milking was practiced 4000 years BC. The Old Testament talks about milk, describing the Promise Land as the land of milk and honey. In Rome and Greece cow's milk and butter were not very popular but goat milk was used in cooking and cheese making, while equid (donkey and horse) milk was used for medicinal purposes.



NUTRITIONAL PROPERTIES

62 Kcal/100 g

Milk provides essential nutrients and it is an important source of energy, high-quality proteins, and fat. Milk can significantly contribute almost any required elements such as calcium, magnesium, selenium, riboflavin, vitamin B12 and pantothenic acid. Milk and dairy products are nutrient-rich foods and their consumption brings diversity to vegetable-based diets. Animal milk plays an important role in the diets of children from populations where fat consumption is low and access to other animal-based foods is limited.

Consumption Recommendations in case of:

Overweight and Obesity



Cardiovascular Disease



Diabetes



Hypertension



Celiac Disease



MILK

MORE INFORMATION

India is the largest milk producer in the world, said country accounting for 18% of total production, followed by the United States of America, China, Pakistan, and Brazil.

The report “Milk as a Vehicle for Health: Calcium as a Determinant in the Health of the Spanish Population”, prepared by the Spanish Nutrition Foundation (FEN, for its Spanish acronym) and the Ibero-American Nutrition Foundation (FINUT, for its Spanish acronym), has concluded that from a nutritional point of view vegetable-based beverages are no substitute for milk since they do not provide the same amount of calcium as milk.

Beef cattle provides 83% of the world’s milk production, followed by buffaloes with 13%, goats with 2% and sheep with 1%. Camels produce 0.4%. The rest comes from other species, such as horses and yaks.

Greeks and Romans believed that drinking milk was barbaric. According to Roman writer Pliny, milk was used to lighten women’s skin. Cleopatra and Poppaea Sabina, Emperor Nero’s wife, travelled with hundreds of goats to bathe in their milk.

The only nutritional difference between whole and skimmed milk is fat content, and consequently, their caloric value. Given its characteristics, skimmed milk is better for low-fat, low calorie diets, as in the case of obesity, cardiovascular disease, liver or biliary diseases, and diabetes, among others. Skimmed milk is easier to digest, thus becoming an interesting option for people with digestive problems.

RECIPES WITH MILK

RICE PUDDING

INGREDIENTS

4 cups milk
120 g rice
200 g sugar
½ stick cinnamon
1 lemon rind
½ Tbsp. vanilla
Beaten egg white
Ground cinnamon
Water

DIRECTIONS

Wash rice to remove starch.

Put rice in a pot and cover with water (just enough water to cover rice).

Place lemon rind, vanilla and cinnamon stick in an infuser and add to water and rice. Cook until all water is absorbed. Slowly pour in milk and mix until it begins to boil. Cook 10 more minutes. Reserve some milk in the refrigerator. Take out the infuser and add sugar, mix.

Fold in a stiffly beaten egg white.

Take reserved milk out of refrigerator and beat it until foamy. Add some sugar (or any other sweetener).

Serve rice pudding topped with some of the milk foam and dust with cinnamon.



MERINGUE MILK

INGREDIENTS

1 cup flavored milk
3 egg whites
1 lemon
Ground cinnamon
10 g sugar

DIRECTIONS

Beat egg white with sugar until stiff.

Mix meringue with milk and chill for 1 hour.

Dust with cinnamon and sprinkle grated lemon rind.

Serve.

RECIPES WITH MILK

SPANISH-STYLE TOAST

INGREDIENTS

1 loaf French bread
8 cups milk
400 g sugar
1 lemon
1 orange
2 cinnamon sticks
1 vanilla pod
Beaten egg
Frying oil
Ground cinnamon
Confectioners' sugar



DIRECTIONS

Boil milk with sugar, orange and lemon peels and vanilla.

Slice bread into 6-8 cm slabs and place them on a cookie sheet.

Soak bread in milk and let stand for 24 hours.

Beat egg.

Dunk each slice of bread in egg, soaking both sides. Place in pan and cook on both sides until golden.

Dust with confectioners' sugar and cinnamon.

Serve.