

Milk, is a vital food from infancy to old age which contains carbohydrates, proteins, fats, vitamins and minerals essential for body development, strength and maintaining health.



MILK;

In childhood and adolescence; creates strong bones and teeth, increases bone density and helps growth and development.



In pregnancy and lactation; helps intake the vitamins and minerals necessary for the baby to grow and the bone formation of the baby. Moreover, it is instrumental in protecting the dental and bone health of the mother. Milk decreases the risk of osteoporosis.



For adults and the elderly; along with protecting the bone health, it is an important source for many nutrients such as proteins, calcium, phosphorus and etc. which are necessary for the body.

WHY SHOULD WE CONSUME HEALTHY MILK?

As much as it can contain necessary nutrients, unless stored appropriately, milk is a suitable environment for the microbes to grow and cause various diseases. To kill these health-threatening microbes in milk, heating procedures must be applied to milk.



There are 3 different heating procedures:

1. Pasteurization

It is heating the milk up to 72-80°C for 15-16 seconds and cooling it rapidly in a factory environment. All disease causing microorganisms in the milk will be inactivated. This daily milk should be distributed in 4°C vehicles, should be kept in the fridge and consumed within 2-3 days.

2. UHT;

It is heating the milk up to 135-150°C for 1-6 seconds and cooling it rapidly in a factory environment. This milk can be stored for 4 months in room temperature, without opening the package. Upon opening the package, milk should be consumed within 2-3 days and kept in the fridge.

There is a common misconception that additives are added to milk in packages. While purchasing and using this milk, you need to make sure that the package is not damaged and the milk is licensed by the Ministry of Agricultural and Rural Affairs. You also should check the expiration date.

3. Boiling;

You need to boil and stir the milk for 10-15 minutes. If you boil it less, all the microbes are not killed. Boiling too much may lead to losing the vitamins. The boiled milk should be cooled rapidly.



For your health, drink milk in every period of your life.

Milk is highly rich in calcium which is essential for bone growth.

For healthy growth, healthy development and healthy aging, you should drink at least 2 glasses of milk every day.



Do not forget;

- Unsterilized milk can cause diseases since the source, content, milking and transportation conditions are not known.
- Unsterilized milk is not controlled, thus may contain strange and harmful substances such as dust, water, starch, mineral water that are not natural components of milk.
- Unless precautions are taken, unsterilized milk can cause many diseases such as brucellosis, tuberculosis, typhoid, and cholera.

EVERY DAY DRINK AT LEAST 2 GLASSES OF HEALTHY MILK



HEALTHY
LIFE



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DRINK HEALTHY MILK FOR YOUR HEALTH

