

# Role of Milk in Children’s Growth and in Preserving their Health

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## ABSTRACT

Milk contains a prominently beneficial nutritional value. Amino acids, fats, carbohydrates, vitamins, and also minerals can be found in it. Therefore, consuming it has an important role in children’s diet. Calcium is one of its most significant components, which is indispensable for bones and teeth, and for normal activity of muscle and nervous system, and also for controlling clotting processes. This manuscript reviews the key nutritional values of milk, and then determines some consumption recommendations for milk and dairy products, which might support creating children’s proper diet, and also maintain their growth and calcium balance.

**Key words:** Calcium, children’s diet, dairy products, healthy diet, lactose-free, milk, nutritional value

## INTRODUCTION

**A**mong foodstuff, milk and dairy products have a significant role, several nutritional recommendations<sup>[1]</sup> and diet emphasize consuming them and that they are beneficial.<sup>[2,3]</sup> Mainly due to the beneficial calcium content of milk, the disturbance of growth, osteoporosis, clotting anomalies, also muscle and nervous system anomalies can be decreased by consuming the recommended amount for different age-groups. Besides the benefits of milk, the effects on childhood obesity have also been examined by the experts.<sup>[4]</sup> The above-mentioned calcium has the most important role in reaching the maximum bone mass and development in case of kids.

Therefore, the primary purpose of this manuscript is to determine such beneficial recommendations for children – after evaluating milk nutritional value –, which can provide their daily milk and dairy product needs. By supplying these needs, I can also contribute to their development and can provide the opportunity to become healthy adults.

## EVALUATING MILK NUTRITIONAL VALUE AND ITS BENEFITS FOR THE HUMAN ORGANISM

Milk contains unique compositions, including amino acids, fats, carbohydrates, vitamins, and also minerals. Carbohydrate is included by means of lactose, which causes digestion disorder for lactose-intolerant people. In this case, it is recommended to consume lactose-free milk and dairy products, which are available in a wide range. The protein content of milk (casein) is necessary for the structure of cells, hormones, and enzymes, and it also positively affects the normal activity of the immune system. Fat content of milk can vary. Hence, there can be found milk with 3.5%, 2.8%, and also 1.5% fat content.<sup>[5]</sup> Their key components are calcium and vitamins such as Vitamin D, A, B1, B2, and B12, which contribute to the utilization of calcium. Milk has a significant role in the diet of every age group; however, the next chapter contains its role in children’s diet and also some nutritional recommendations. In the case of every child, it is advisable to keep these recommendations with parental supervision, as

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it greatly contributes to their balanced development and to becoming healthy adults.

## RECOMMENDATIONS FOR CHILDREN'S MILK AND DAIRY PRODUCTS CONSUMPTION

It is recommended to consume 2–3 portions of milk and dairy products for kids every day. It means approximately 2 L of milk or kind of milk product per week.<sup>[6]</sup> Hence, besides milk, dairy products also have a key role in children's diet, including, for example, quark, cheese, cottage cheese, kefir, and also yoghurt. It is recommended to consume them mainly sugar-free or with the content of natural sweeteners. It is also recommended to avoid meals prepared from dairy products with excessive salting. Salt can be replaced with herbs. In the case of diagnosing a child with chronic diseases,<sup>[7]</sup> lactose intolerance or allergy of milk, it is necessary to keep a special diet respecting the doctor's instructions. In the case of lactose intolerance, it is indispensable to consume lactose-free milk and dairy products (e.g., cheese, quark, kefir, and yoghurt), which are available in the widest range.<sup>[8]</sup> In the case of problems caused by casein, besides consuming lactose, then avoiding milk and dairy products totally is necessary.<sup>[9]</sup>

## CONCLUSIONS

This manuscript summarizes the key nutritional values of milk and its role in children's diet. Besides, the role of calcium is also significant as an active physiological component and displaying its physiological effects as well.

Besides milk, dairy products also appear among the nutritional recommendations as an intake source of calcium. Therefore, the related consumption recommendations can be found among the revealed information. I am concerned that children's maximum bone mass and optimal development level can be reached with the consumption of milk and dairy products, and with providing the maximum calcium intake. This manuscript also mentions the features of the special

diet of children suffering from milk digestion disorder (e.g., lactose intolerance). This diet can contribute to create normal gut microbiota, to prevent its damage, and to maintain the normal activity of other organs or systems.

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