DAIRY PRODUCTS: HEALTH BENEFITS

Science and Food Technology Degree

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Eva Bonilla Castela

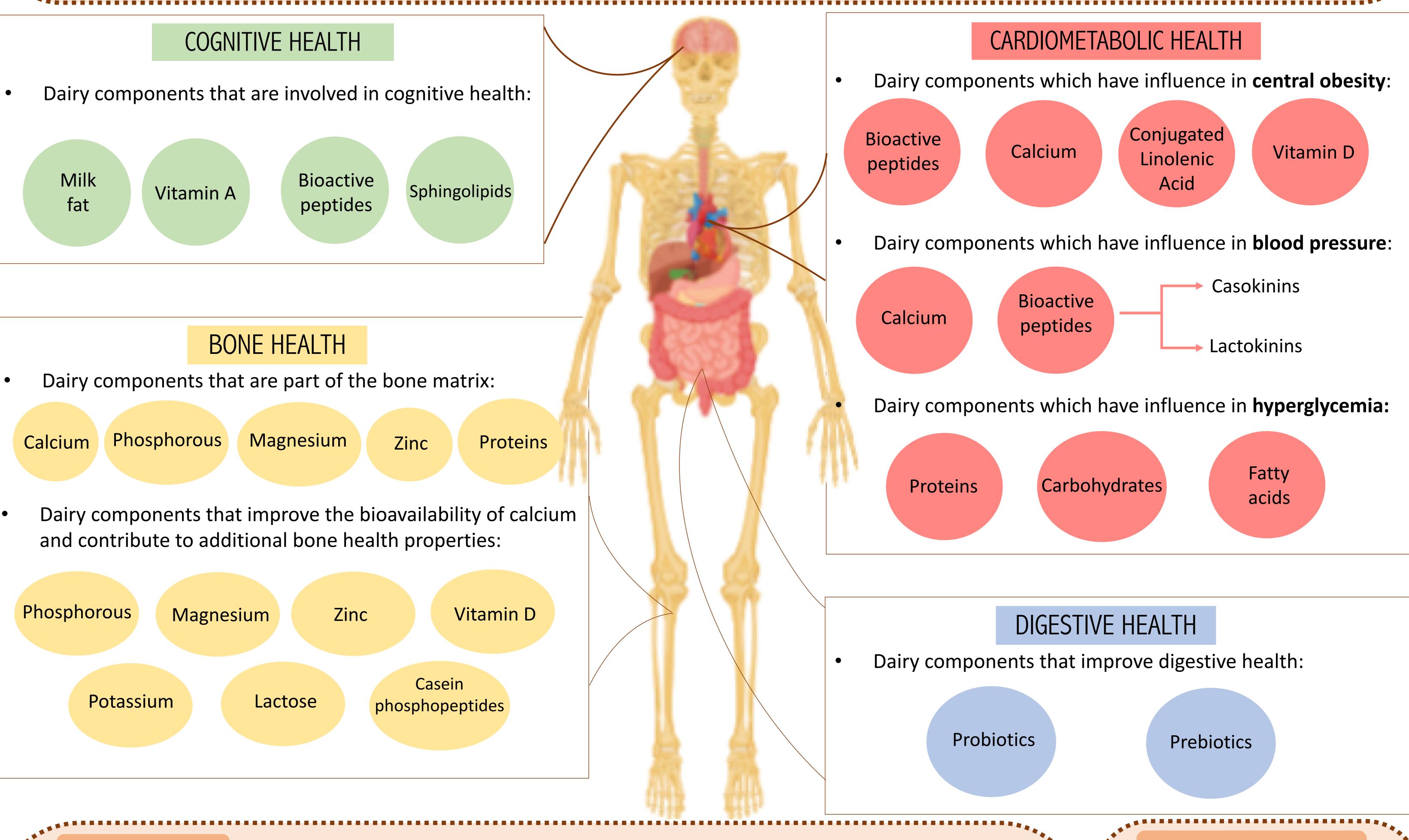
Universitat Autònoma de Barcelona

INTRODUCTION

- The main nutrition experts recognize that milk and dairy products have important components for a balanced and nutritionally adequate diet.
- The field of nutrition science has devoted many efforts and resources to studying the prevention of chronic diseases, such as metabolic syndrome, osteoporosis, dementia and digestive disorders. In this context, dairy products have been considered as a nutritious food that promotes health, offering benefits for the prevention of different diseases.

OBJECTIVE

- To carry out a review of the scientific evidence of the benefits that dairy products can offer related to Bone Health, Cardiometabolic Health, Cognitive Health and Digestive Health.



CONCLUSIONS

BONE HEALTH: Normal growth and development of the skeleton, as well as its maintenance in later life, preventing osteoporosis.

CARDIOMETABOLIC HEALTH:

- <u>Central obesity</u>: Reduce the hunger sensation, decrease the absorption of fatty acids and promote the growth of *Lactobacillus* (reduce the risk of suffering diabetes).
- Blood pressure: Reduce blood pressure.
- Hyperglycemia: Increases insulin secretion and decreases blood glucose levels.

COGNITIVE HEALTH: Growth and neuronal development as well as the maintenance of cognition.

DIGESTIVE HEALTH: Promote the growth of beneficial bacteria in the colon (*Bifidobacterium* and *Lactobacillus spp.*). These populations produce gastrointestinal benefits such as protection against diarrheal diseases, inhibition of pathogenic infections,...

MAIN REFERENCES

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