



# DAIRY PRODUCTS: HEALTH BENEFITS

Science and Food Technology Degree

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## 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.**

### COGNITIVE HEALTH

- Dairy components that are involved in cognitive health:

Milk  
fat

Vitamin A

Bioactive  
peptides

Sphingolipids

### BONE HEALTH

- Dairy components that are part of the bone matrix:

Calcium

Phosphorous

Magnesium

Zinc

Proteins

- Dairy components that improve the bioavailability of calcium and contribute to additional bone health properties:

Phosphorous

Magnesium

Zinc

Vitamin D

Potassium

Lactose

Casein  
phosphopeptides

### CARDIOMETABOLIC HEALTH

- Dairy components which have influence in **central obesity**:

Bioactive  
peptides

Calcium

Conjugated  
Linolenic  
Acid

Vitamin D

- Dairy components which have influence in **blood pressure**:

Calcium

Bioactive  
peptides

Casokinins

Lactokinins

- Dairy components which have influence in **hyperglycemia**:

Proteins

Carbohydrates

Fatty  
acids

### DIGESTIVE HEALTH

- Dairy components that improve digestive health:

Probiotics

Prebiotics

## CONCLUSIONS

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

### CARDIOMETABOLIC HEALTH:

- Central obesity: 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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