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Role of Milk Fats in Nutrition and Health

Anusha Chowdary*

Department of Food Processing Technology, Ghani Khan Choudhury Institute of Engineering and Technology Malda, Kolkata, India

Introduction

Products made from cattle milk have a long history in nutrition. The significance of milk is illustrated in northern legend, where a cow by the name of Audhumla came from the melting ice. Health advantages are offered by fatty acids, conjugated linoleic acid, omega-3 fatty acids, short- and medium-chain fatty acids, enzymes, metals, and bioactive substances. Milk is a complicated food made up of different ingredients that could either be excellent for your health or have negative effects. The main goals of this review are to discuss the effects of milk constituents that are particularly relevant to consumer health and to give a general overview of the potential for modifying bovine milk through lactating cow feeding regimens, which would improve the nutritional composition of dairy for human consumption. Milk lipids are combined in membrane-coated agglomerates to form emulsions. Micelles in colloidal dispersions contain these peptides. Calcium-based caseins are soluble nutrition and mineral molecules. The amount of lactate can alter depending on your diet. The majority of minerals and lactose are dissolved. The content of nutrients is flexible and varies according to the lactation stage, age, breed, diet, caloric expenditure, and general health of the udder. The amount of milk protein, which may be nearly twice as high in colostrum as opposed to later in breastfeeding, is the most obvious difference between colostrum and milk [1].

About the Study

More than half of the milk's fatty acids, or roughly 19 kcal of the entire economic dairy, are saturated fatty acids. Butyric acid is a well-known gene function modulator that may also aid in the prevention of cancer. It also acts as an anticariogenic and pro-government agent. Helicobacter pylori can be eliminated by the lipid [2]. These substances increase blood cholesterol levels, and diets high in saturated fats have been linked to the onset of heart disease, weight gain, and obesity. Consumption of milk and milk-derived products is related to blood lipid profiles, density lipoprotein levels, and cholesterol levels. Heavy saturated fat intake is associated with a higher risk of Coronary Heart Disease (CHD), and cancer risk is influenced by LDL cholesterol and a high LDL/HDL cholesterol ratio. Numerous intervention trials have shown a reduction in hypercholesterolemia with diets rich in low-fat dairy products. Researchers found that men who consumed a lot of dairy products appeared to have an obviously advantageous and decreased dispersion of the hazardous small, dense Low-density lipoproteins [3]. Fatty acids found in milk products were also linked to a better LDL profile in healthy men with fewer small, dense LDL particles.

Fatty acid, which makes up about 60 mg of whole dairy, has the greatest amount of any unsaturated fatty acid in dairy. Monounsaturated fatty acids, such as oleic acid, are supposed to improve one's health since they lower levels of sterol, serum cholesterol, and total cholesterol. Cis-unsaturated fatty acids take the place of fatty acids, reducing the risk of heart attack. All cell membranes are mostly made up of fatty acids. Unsaturated fatty acids are reactive because radicals and the consequent byproducts of peroxidation can result in oxidative stress. About 25% of homogenised milk is made up of oleic acid, and thus milk has a particularly high oleic acid to polyunsaturated fat ratio. Consequently, raising this ratio of total dietary fatty acids will benefit from a diet rich in dairy protein [4]. For instance, consuming a lot of sheep protein is likely to have a favourable impact. Eicosanoids formed from linoleic acid via arachidonic acid may enhance blood platelet aggregation and hence increase coronary risk, in contrast to eicosanoids obtained from long omega-3 fats. Regulator has the power to significantly reduce the amount of harmful eicosanoids that are produced from omega-6 fatty acids, reducing cardiovascular risk and preventing tumour genesis. Polyunsaturated may also influence gene expression and signal transduction [5].

Conclusion

Bovine milk, milk products, and beef are the principal dietary sources of the conjugated linoleic acid cis 9, Trans 11 isomer. Milk also contains trace amounts of other geometrical and positional isomers of CLA, which have unique biological effects. The percentage of 9c, 11t-CLA in milk varies greatly, although it typically makes up about 0.6 percent of the total fat content. There are many ways that CLA may affect metabolic function. Prostaglandins and thromboxanes in the 2-series appear to decrease as a result of CLA competing with eicosanoids in the oxidase process. CLA will prevent the expression of the cyclooxygenase gene.

Conflicts of Interest

The authors declare no conflict of interest.

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***Address for correspondence:** Anusha Chowdary, Department of Food Processing Technology, Ghani Khan Choudhury Institute of Engineering and Technology Malda, Kolkata, India; E-mail: chowdary.anu2930@gmail.com*

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