



Article Side

Milk and Milk Products Really Enhances Our Taste Buds by [Annphilip](#)

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Milk is a complete food. We included milk in our daily food as it is rich in carbohydrates, proteins and fat. It also contains calcium, phosphorous, sodium, thiamin, riboflavin, folic acid and vitamin C. Milk is consumed by everyone that is from babies to old age people so as to get more strength and stamina.

Consumption of milk strengthens our bones and helps in the growth and development as it contains calcium, phosphorous, magnesium and protein. Milk has the ability to protect our bones from diseases like osteoporosis. The nutrients present in the milk strengthen our teeth and prevent it from decay. Milk also plays a key role in reducing high blood pressure. The amount of calcium present in the milk prevents fat from accumulating around the hips and this directly or indirectly lowers blood pressure levels. By including milk as one of the five major foods in the menu the dietary guidelines from the U.S. Department of Agriculture and the Department of Health and Human Service recommend taking milk two to four times a day.

Milk is available in three types such as skimming milk, low fat milk and whole milk. While skim milk will have very small fat content, whole milk will have the full amount of fat and this will be good for babies and those who are in their blooming stage. However, some people don't like to consume milk as such. For such people milk coming in different flavors can satisfy their appetite. Almond milk, strawberry milk, pistachio milk, chocolate milk and vanilla flavored milk are some of the commonly available flavored milk forms. We can also impress our children by giving this different colored milk as it is far better than colored and aerated drinks.

Fresh cream, yogurt, butter, ghee and cheese are some of the byproducts of the milk. Whipped cream or fresh cream is the core ingredient of ice creams and cup cakes. We also use fresh cream for decorating cakes and to add taste to soups, stews, puddings and custards. We can also add cream to coffee to give some thickness to it. Yogurt is the other milk product which we get by the bacterial fermentation. We can use yogurt for making salads or even as a snack by mixing yogurt with fruits. If we mix water and salt with yogurt, it will become a good energizer. In some Middle Eastern countries yogurt is served with meat and vegetables. Bread and butter are the two unavoidable items on our breakfast table and it's the favorite breakfast for most of the people. Butter prepared from fermented cream or milk is the key ingredient that gives taste to our yummy cakes. Any dish garnished with butter will improve its taste. Meanwhile cheese is used as an appetizer, other than using in salads, salad dressings and in several cooked foods.

The cookery shows airing on television channels connected with service from providers like Dish TV Packages can give us a lot of new recipes with milk as a base. Cookery shows coming in TLC are really interesting to watch, because the chefs use minimum ingredients and time to cook a dish. Even they give tips on how to make a bad dish to an appealing one. As most of the dishes are oven baked it requires less oil, so health conscious people can also follow their recipes.

As you all know it is better to pasteurize the milk before storing it in the refrigerator. Pasteurization is nothing but heating the milk and this will slow down the growth of microorganisms. As non pasteurized milk can be responsible for more vulnerable diseases than any other food borne diseases, it is advisable to pasteurize the milk before storing it. Some of the diseases that can be prevented by pasteurization are diphtheria, scarlet fever and tuberculosis.

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Ann writes about different varieties of food and its impact on health. She regularly watches food shows coming on her digital television powered by service from providers like a [Dish TV Packages](#).

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