

Advantages and disadvantages of milk essay sample

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The article written in the Sunday Times by Dr. Wolfe Segal, Senior lecturer in Biochemistry, University of W. A called ' Milk Is Full Of Food Value', discusses the facts about milk. Dr. Wolfe Segal wrote what vitamins and minerals are in milk also how many grams of fat, protein, and lactose are in milk. Dr. Wolfe Segal also wrote about what milk can do to the human body in good and bad ways. Dr. Wolfe Segal gave good information on the advantages and disadvantages of milk.

The advantages of milk are that milk contains lots of vitamins, minerals, fats, proteins, and lactose. All these nutrients are part of a balanced diet and therefore are very healthy for the human body. Milk is mostly composed of water, which is also very healthy for the human body. The human body needs all of these nutrients to function properly. Milk contains vitamins A, B1, B2, B5, B6, B12 and vitamin C. Vitamin B1 and niacin help the body produce energy in its cells, among other things. Vitamin B6 helps the body fight illness and infection, while B12 is used to develop red blood cells. Vitamin B2 (Riboflavin) helps the mitochondria (fat-burning furnaces) of muscle cells to produce energy. B5 makes brain neurotransmitters and natural body steroid hormones. The right amount of B Vitamins in their diet helps protect children from slowed growth, anaemia, eye troubles, nerve damage, and heart problems. Vitamin A provides your first line of defence against invading toxins since it establishes healthy skin and mucous membranes.

All these vitamins give milk a great advantage to be healthy for all ages. The Minerals that are found in milk are Calcium, Phosphorus, Sodium, Potassium and small amounts of iron. Calcium is needed in a humans diet for all ages, <https://assignbuster.com/advantages-and-disadvantages-of-milk-essay-sample/>

without calcium in a human diet, the bones become weak and the human bones can break easily and can also bow. When the bones bow it is called 'rickets'. Phosphorus is also used in the bones to make them stronger; phosphorus is also used by blood cells. Potassium is a potent factor in preventing and/or treating heart disease, high blood pressure, hypoglycemia, diabetes, kidney disease, overweight, and some cases of paralysis. All these minerals are part of a very healthy diet and are needed in the human body. All the diseases and disorders that were mentioned in this paragraph can happen to people of all ages mainly in young kids. All these minerals and vitamins are a good advantage to milk but some of these vitamins and minerals can cause allergic reactions and also too much of these vitamins and minerals are bad for the human body for all ages, these things are the disadvantages of milk.

Most of the vitamins and minerals found in milk are very healthy and are needed in the human diet, but too many of these vitamins and minerals can damage the human body and also cause allergic reactions. Cows milk is also bad for babies because of the high content of phosphate and sodium. In babies too much sodium and phosphate can lead to high blood pressure, irritability and convulsion. Some of the long-term effects can lead to permanent brain damage. Some of the vitamins and minerals found in milk can give some people allergic reactions, which may cause a rash on the body, asthma and gastrointestinal (dyspepsia, vomiting, pain) and also some other disorders. This happens because of the proteins that are found in milk. Boiling the milk can prevent these allergic reactions or the person who is

allergic to milk can drink soymilk, which is made out of natural plants. These examples are just of the many other disadvantages of milk.

Therefore, it can be seen that milk has got many advantages and disadvantages. The paragraphs above clearly show that there are more advantages of milk than disadvantages making it healthier for the human body.