

# Miraculous MILK



Is it the most unpopular choice of beverage for children? And perhaps for adults, too? No matter whether you like it or not, there is no arguing that milk is one of the healthiest drinks one can consume – for children and adults alike.

## TALL ORDER

Of course, everyone knows that milk is rich in calcium and hence helps in bone health. But milk also contains potassium, protein, potassium, phosphorous, and vitamins – among other nutrients. So make sure you include this drink as an integral part of your balanced diet. From maintaining healthy red blood cells to a being a source of energy, there is no excuse for skipping milk.

## RESISTANCE IS FUTILE

Milk is a great source of calories for young children. But does that not mean older children and adults should avoid this rich beverage. If you are worried about the fat, there are always alternatives: try semi-skimmed, skimmed, or the low-fat versions.

For those with lactose intolerance, you can obviously opt for unsweetened calcium-fortified soy milk.

When you are buying packaged milk from the superstore, read the labels carefully – you will surely find something that will suit you.

We often forget how versatile milk is. If you simply despise the very taste of milk itself, make smoothies out of it. A glass of smoothie is not just healthy, but delicious as well. Have salads or healthy snacks and make a meal out of it. Or, have it with oats; there is a wide array of recipes of healthy and delicious oat meals you can experiment with. A little innovation can go a long way.

Moreover, dairy products such as yoghurts and cheese can also help. Cheese can actually be a great part of a healthy diet. However, be cautious of how much you are consuming and the additional ingredients it may contain.

– LS Desk

Photo: Collected

\*Applicable for all mobile operators

To know about any  
nutrition related information, call our  
**Nutritionist!**

Call us

**08000-161271**

(Charge free)\*

Saturday-Thursday

From 10:00am to 7:00pm

The advertisement features a woman in a white lab coat sitting at a desk, smiling. On the desk are various Nestlé products including Maggi 2-minute noodles, Nestlé EveryDay, Cornflakes, Nido, Coffee mate, and Nescafé. There are also fruits like oranges and apples, and a measuring tape. The background is a blurred library or office setting.



Good Food, Good Life™