

# 5 Reasons Why You Should Drink MILK EVERY DAY

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Milk, often referred to as nature's most complete food, has been a dietary staple for centuries. It's not just a beverage; it's a powerhouse of essential nutrients that contribute to overall health and well-being. Here are five compelling reasons why you should make drinking milk a daily habit.



1

## EXCELLENT SOURCE OF CALCIUM

Calcium is crucial for maintaining strong bones and teeth. Milk is one of the best sources of this vital mineral, helping prevent conditions such as osteoporosis and dental problems. Consuming adequate calcium, especially during childhood and adolescence when bone growth is at its peak, sets the foundation for a healthier skeletal system throughout life. For adults, regular intake of calcium helps maintain bone density and reduces the risk of fractures.



2

## RICH IN HIGH-QUALITY PROTEIN

Protein is an essential macronutrient that plays a critical role in building and repairing tissues, producing enzymes and hormones, and supporting immune function. Milk contains all nine essential amino acids, making it a complete protein source. Drinking milk daily can help meet your body's protein requirements, which is particularly beneficial for those engaged in regular physical activity or muscle-building.

3

## PACKED WITH ESSENTIAL VITAMINS AND MINERALS

Milk is rich in vitamin D, which aids in calcium absorption and bone health. Additionally, milk contains vitamin B12, important for red blood cell production and neurological function, and vitamin A, essential for vision and immune health. The potassium and magnesium in milk help regulate blood pressure and support cardiovascular health.



4

## WEIGHT MANAGEMENT

Incorporating milk into your daily diet can aid in weight management. The protein and fat content in milk contribute to a feeling of fullness, reducing overall calorie intake by curbing hunger and preventing overeating. Studies have shown that individuals who consume dairy regularly are more likely to maintain a healthy weight or even lose weight when combined with a balanced diet and regular exercise.

5

## PROMOTES HYDRATION AND OVERALL HEALTH

Milk is composed of about 90% water, making it an excellent source of hydration. Staying hydrated is vital for bodily functions such as temperature regulation, nutrient transport, and waste removal. Furthermore, the electrolytes in milk, such as potassium and sodium, help maintain fluid balance in the body, which is especially important after exercise or during hot weather. So, raise a glass to better health and make milk a daily habit!

আপনার সন্তানের বেড়ে ওঠায় নিয়মিত

WORLD'S NUMBER 1<sup>#</sup> MILK POWDER

দিচ্ছেন তো?

Happy World Milk Day!



#Source:Euromonitor Limited; Dairy Products and Alternative 2023 Edition; Retail Value RSP, 2022 data

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