

WORLD MILK DAY 2023

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Day	World Milk Day
Observed	June 1 (every year)
Established in	2001
Established by	FAO, United Nations
World Milk Day 2023 Theme	“Enjoy Dairy”
Focus	Showcasing how dairy is reducing its environmental footprint, while also providing nutritious foods and livelihoods

As an important global event, World Milk Day is observed on June 1st each year to raise awareness about the benefits of milk as a nutritious food source. World Milk Day aims to raise awareness about the nutritional value of milk, support dairy farmers, and encourage individuals to make informed choices for a healthy and balanced diet. India plans to produce about 300 million tonnes of milk by 2024. Such growth has positioned India as a global leader in milk production. This upward trend has also been supported by the increasing per capita milk consumption in the country, which rose from 107 grams per person in 1970 to 427 grams per person in 2020-21.

Table 1: Proximate Composition of Milk

Component	Average Content percentage (w/w)	Range Percentage (w/w)	Average % of Dry matter
Water	87.3	85.5 -88.7	
Solids not fat	8.8	7.9-10.0	69
Lactose	4.6	3.8-5.3	36
Fat	3.9	2.4-5.5	31
Protein	3.25	2.3-4.4	26
Casein	2.6	1.7-3.5	20
Mineral substances	0.65	0.53-0.80	5.1
Organic acids	0.18	--	1.4
Miscellaneous	0.14	--	1.1

(Source: Dairy Chemistry and Physics, Walstra and Jenness, 1984)

TOP 5 MILK PRODCUING STATES IN INDIA (2022)

Rajasthan 15.05 %

Uttar Pradesh 14.93 %

Madhya Pradesh 9.60 %

Gujarat 7.56 %

Andhra Pradesh 6.97 %

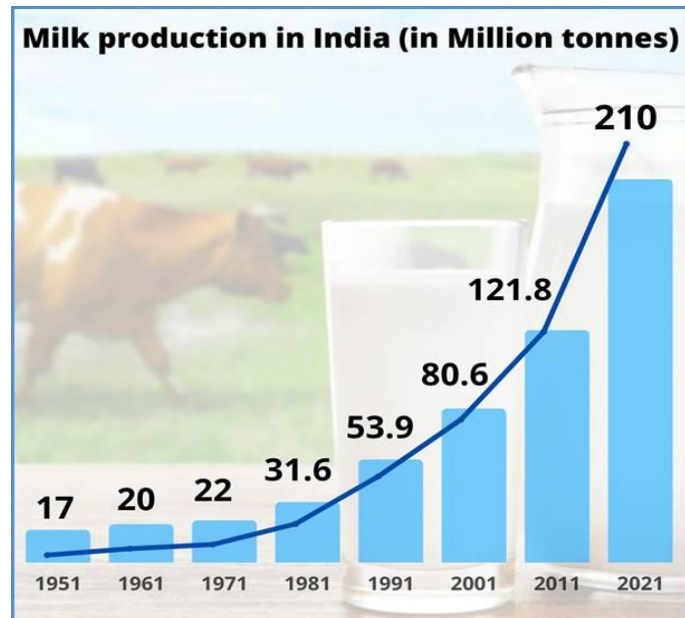
All other states 53.11 %

History of World Milk Day

World Milk Day was established in 2001 by the Food and Agriculture Organisation (FAO) of the United Nations to acknowledge the vital role of milk in our diets and to celebrate the dairy sector as a whole. Since then, it has become an annual celebration recognized by millions of people worldwide.

World Milk Day 2023

The theme for the year 2023 is focused on various aspects of the dairy sector. The themes aim to highlight the efforts made by the dairy industry to reduce its environmental impact, provide nutritious



foods, and support livelihoods. Additionally, the celebration emphasizes the integration of the environmental, nutritional, and societal impacts of the sector. The specific focus areas of the 2023 World Milk Day include:

Reducing Environmental Footprint

The dairy industry aims to showcase how it is actively working towards reducing its environmental impact. This may involve implementing sustainable practices and initiatives that promote conservation and minimize resource consumption. The focus on reducing carbon footprints emphasizes the importance of mitigating greenhouse gas emissions associated with dairy production. Efforts are being made to implement innovative technologies, such as methane capture systems and energy-efficient processes, to minimize the environmental impact of dairy farms. By adopting sustainable practices, the dairy sector can contribute to the global fight against climate change.

Providing Nutritious Foods

World Milk Day emphasizes the nutritional value of milk and dairy products. The focus is on promoting the consumption of dairy as part of a healthy diet, highlighting the essential nutrients, vitamins, and minerals that milk provides for overall well-being. Dairy products, such as milk, cheese, and yogurt, are excellent sources of calcium, protein, vitamins, and minerals essential for healthy development and well-being. Recognizing the nutritional value of dairy promotes the consumption of these products as part of a balanced diet.

Livelihoods and Economic Development

The celebration acknowledges the contribution of the dairy sector to economic development and livelihoods. It recognizes the role of dairy farmers and their responsibility towards their communities, land, and animals. It aims to raise awareness about the socio-economic significance of the dairy industry. The day emphasizes the responsibility of farmers toward their communities and the land they cultivate. Dairy farming is not only



a source of income for many families but also a means of sustenance for local economies. By practicing sustainable agriculture, farmers can ensure the long-

term viability of their livelihoods while preserving the surrounding environment and benefiting the communities they serve.

Celebrating World Milk Day

The day is marked by various events, campaigns, and initiatives organized by governments, non-profit organizations, dairy associations, and individuals. These activities aim to educate the public about the nutritional value of milk, sustainable dairy practices, and the role of dairy farming in local economies.

Promoting Milk Consumption

One of the key objectives of World Milk Day is to promote the consumption of milk and dairy products. This is achieved through campaigns that highlight the benefits of incorporating dairy into daily diets, especially for children, adolescents, and pregnant women. By increasing awareness about the nutritional advantages of milk, World Milk Day encourages individuals to make informed dietary choices.

Engaging the Community

World Milk Day celebrations provide an opportunity to engage communities in various activities related to dairy farming and milk production. These activities may include farm visits, educational programs, workshops, cooking demonstrations, and competitions. Such initiatives aim to bridge the gap between consumers and dairy producers, fostering a better understanding of the processes involved in bringing milk from the farm to the table.

Supporting Local Dairy Industry

World Milk Day serves as a platform to support and recognize the efforts of dairy farmers, processors, and all those involved in the dairy industry. It highlights the importance of their work in

ensuring a steady supply of safe and high-quality dairy products. By promoting local dairy industries, World Milk Day contributes to the economic growth and development of farming communities worldwide.

Nutritional Value of Milk

Milk is a nutrient-dense beverage that contains a wide range of essential nutrients necessary for maintaining good health. It is an excellent source of high-quality protein, which plays a vital role in building and repairing tissues in the body. Additionally, milk is rich in calcium, phosphorus, and vitamin D, all of which are essential for strong bones and teeth.

- **Strengthen Bones and Teeth** - Milk is a rich source of calcium, which is crucial for building and maintaining strong bones and teeth. It also contains vitamin D, which aids in calcium absorption. Regular consumption of milk and milk products can help prevent conditions like osteoporosis and reduce the risk of fractures, especially in older adults.
- **Promote Muscle Growth and Repair** - Milk contains high-quality proteins, including casein and whey protein, which are easily digestible and provide essential amino acids needed for muscle development and recovery. Including milk as part of a balanced diet can be particularly beneficial for individuals engaged in regular physical activity or those looking to build lean muscle mass.
- **Support Weight Management** - Contrary to popular belief, milk can be a part of a healthy diet for weight management. The protein and fat content in milk provide a feeling of fullness, helping to curb appetite and reduce overall calorie intake. Additionally, studies have shown

that a diet rich in dairy products, including milk, may aid in weight loss, especially in combination with a reduced-calorie diet and exercise.

- **Boost Cardiovascular Health** - Regular consumption of milk and milk products may have a positive impact on cardiovascular health. Lower blood pressure in adults and reduce the risk of cardiovascular diseases. The presence of bioactive compounds like peptides, calcium, potassium, and magnesium in milk contributes to its potential cardiovascular benefits.
- **Reduce the Risk of Type 2 Diabetes** - Incorporating milk into your diet may also have a protective effect against type 2 diabetes. Research suggests that individuals who consume higher amounts of dairy products, such as milk and yogurt, have a lower risk of developing type 2 diabetes. The exact mechanisms behind this relationship are still being studied, but it is believed that the bioactive components found in milk, such as peptides and minerals, may play a role in improving insulin sensitivity and glucose regulation.
- **Enhance Hydration** - Staying hydrated is essential for overall health, and milk can contribute to your daily fluid intake. While water is the primary source of hydration, milk can be a tasty and nutritious alternative. It contains high water content and provides electrolytes like potassium, which is important for maintaining proper fluid balance in the body.
- **Provide Essential Vitamins and Minerals** - Milk is a rich source of essential vitamins and minerals needed for optimal health. Along with calcium and vitamin D, milk contains vitamins A, B2, B12, and minerals like phosphorus, potassium, and

magnesium. These nutrients play various roles in supporting immune function, energy metabolism, vision, and overall well-being.

- **Support Brain Function and Development** - The nutrients found in milk, particularly vitamin B12 and iodine, are crucial for brain function and development. Vitamin B12 is involved in the production of neurotransmitters, which are essential for proper cognitive function. Iodine is necessary for the synthesis of thyroid hormones, which play a vital role in brain development, especially during pregnancy and early childhood.
- **Aids Digestive Health** - Consuming milk and milk products can be beneficial for digestive health. Milk contains lactose, a natural sugar present in dairy, which is broken down by the enzyme lactase. Individuals who are lactose intolerant may experience digestive discomfort due to insufficient lactase production. However, lactose-free milk and lactase supplements are available to provide the benefits of milk without the discomfort.
- **Alleviate Symptoms of PMS** - For women experiencing premenstrual syndrome (PMS), incorporating milk into their diet may help alleviate symptoms. The calcium and vitamin D in milk have been shown to reduce mood swings, bloating, and other discomforts associated with PMS. Including milk as part of a balanced diet during the menstrual cycle may offer relief for some women.
- **Boost Skin Health** - The nutrients found in milk can contribute to healthy skin. Milk contains vitamins A and D, which are known to have positive effects on skin health. Vitamin A promotes skin cell growth and repair, while

vitamin D supports skin barrier function and helps prevent skin conditions like dryness and eczema. Including milk as part of a well-rounded diet can help nourish your skin from within.

- **Helps in Post-Workout Recovery** - After a strenuous workout, your body needs nutrients to recover and repair muscles. Milk, particularly chocolate milk, has gained popularity as a post-workout beverage due to its ideal combination of carbohydrates and protein. The carbohydrates replenish glycogen stores, while the protein aids in muscle repair and growth. Drinking milk after exercise can help enhance recovery and promote

muscle adaptation. In comprehensive, World Milk Day 2023 celebrates the significance of milk as a global food source and highlights the dairy sector's commitment to sustainable practices. The chosen theme focuses on reducing carbon footprints, providing nutritious foods, and emphasizing farmers' responsibility towards their communities, land, and animals. By raising awareness, promoting milk consumption, and engaging communities, World Milk Day plays a vital role in educating the public about the nutritional benefits of milk and supporting sustainable dairy practices worldwide.

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