

Not All Dairy Is Created Equal When It Comes to Bone Health

并非所有乳制品在促进骨骼健康方面都具有相同的效果



Dairy includes milk from mammals and all foods made using milk, such as yoghurt, cheese and butter. They are renowned for their role in promoting bone health due to their rich content of essential nutrients including calcium, phosphorus and protein. Sufficient dietary intake of calcium and protein is essential to achieve optimal peak bone mass during skeletal growth and to prevent bone loss in the elderly. However, not all dairy products are equally beneficial. Here are some distinctions:

Dairy product	Calcium (mg) per serving size (1 cup)
Milk (skim, low fat, whole)	300
Cottage cheese	130
Ice cream/Ice milk	200
Yoghurt	450

Source: University of California, San Francisco Medical Centre.

Calcium Content

Different dairy products contain varying levels of calcium. Yoghurt has the highest calcium source among all as shown in the above table. It is a highly accessible and nutritious source of calcium that supports bone health, muscle function, nerve transmission and cellular function. It is also often preferred for its additional health benefits such as the probiotic content.

Protein Levels

Yoghurt and certain cheeses contain high protein levels which can support muscle health and are crucial for maintaining bone strength. However, cheese is higher in calories, saturated fat and salt but lower in fibre as compared to yoghurt.

Yoghurt is also made up of 80% casein protein and 20% whey protein which have high content of essential amino acids. The combination of casein and whey proteins makes yoghurt a balanced source of protein that supports bone health, muscle repair and overall cellular function. Moreover, the presence of casein, a slow-digesting protein and whey, a fast-digesting protein, can help with satiety and sustained energy levels.

Whey is the yellowish liquid you can occasionally find on top of yoghurt. Stir that liquid whey into your yoghurt or add it into your smoothie. It is high in calcium and is an excellent source of B vitamins but low in fat, cholesterol and lactose content. It gives yoghurt its signature tang and contains beneficial probiotics.

乳制品是从哺乳动物的奶中提取的食品类，如牛奶、酸乳酪、奶酪和黄油等。由于它们富含钙、磷和蛋白质等必需营养素，所以在促进骨骼健康方面的作用而闻名。在骨骼生长期以及预防老年人骨质流失方面，足够的钙和蛋白质的饮食摄入是至关重要的。然而，并非所有乳制品都起着同样的效益。以下是一些区别：

乳制品	每份(1杯)的钙含量(毫克)
牛奶(脱脂、低脂、全脂)	300
奶酪	130
冰淇淋/冰奶	200
酸乳酪	450

来源：加利福尼亚大学旧金山医疗中心

钙含量

不同的乳制品含有不同水平的钙。如上表所示，酸乳酪是所有乳制品中钙含量最高的。它是一种易于吸收且营养丰富的钙源，有助于维持骨骼健康、肌肉功能、神经传导和细胞功能。再加上它含有益生菌，因此更受青睐。

蛋白质含量

在所有的乳制品中，酸乳酪和某些奶酪含有的蛋白质水平较高，可以支持肌肉健康，对维持骨骼强度至关重要。然而，与酸乳酪相比，奶酪的热量、饱和脂肪和盐含量更高但纤维含量则较低。

酸乳酪是由80%的酪蛋白和20%的乳清蛋白组成，含有丰富的必需氨基酸。酪蛋白和乳清蛋白的组合使酸乳酪成为一种平衡的蛋白质来源，支持骨骼健康、肌肉修复和整体细胞功能。此外，慢消化的酪蛋白和快速消化的乳清蛋白的结合可以帮助饱腹感和持续的能量水平。

乳清是一种淡黄色液体偶尔会出现在酸乳酪表层。将乳清搅拌到酸乳酪中或加入到沙冰中。乳清富含钙，是维生素B的极佳来源，但脂肪、胆固醇和乳糖含量则很低。乳清是赋予酸乳酪独特味道的因素，并含益生菌。

Bioavailability of Nutrients

Bioavailability of nutrients in dairy products refers to the proportion of nutrients that are digested, absorbed and utilized by the body.

Yoghurt is often considered a “predigested” food because the fermentation process breaks down much of the lactose into lactic acid, making it easier to digest. The lactose content in yoghurt decreases each day, even while putting it in the fridge because the natural bacteria present in yoghurt use up the lactose for energy. These friendly bacteria in yoghurt also continue to break down lactose even after consumption which helps to alleviate symptoms for lactose-intolerant individuals. As a result, the probiotics in yoghurt increase the absorption and utilization of nutrients by the body. The acidity of yoghurt also increases the solubility and absorption of some minerals such as calcium, magnesium and phosphorus at a higher level as compared to other dairy products.

In contrast, highly processed dairy products, like cheeses, flavoured milk, cream and ice cream, generally have reduced bioavailability of calcium due to high levels of fat, salt and sugar. Furthermore, the added salt and sugar in the dairy products can counteract benefits by contributing to inflammation or other health issues that adversely affect bone health.

10 HEALTH BENEFITS OF YOGHURT

- ✓ An excellent source of easily digested protein and nutrients from milk.
- ✓ Very low in lactose and may improve lactose tolerance over time.
- ✓ Contains friendly bacteria and probiotics that help maintain a healthy gut flora which can aid in digestion.
- ✓ Aids healing after intestinal infections.
- ✓ Helpful in vaginal yeast infection and cases of Candida.
- ✓ Lowers cholesterol and reduces the risk of heart disease.
- ✓ Helps prevent osteoporosis and dental disease.
- ✓ Aids to control appetite and support weight management.
- ✓ Helps to promote youthful and healthy skin.
- ✓ Enhances immune response and boosts immune system.

Unfortunately, most commercial yoghurts contain food additives, sweetener and flavouring to make their yoghurt more appealing. The result is a highly processed yoghurt that has lost many of its healthy attributes. The healthiest and most economical way to enjoy yoghurt is to make your own! It is easy with this perfect trio: **NewLife™ Yoghurt Maker, NewLife™ Yoghurt Starter and NewLife™ Low Fat Milk Powder.**

营养物质的生物利用度

营养物质的生物利用度是指乳制品中的营养素被人体消化、吸收和利用的比例。

酸乳酪普遍被认为是一种“预消化”食物，因为发酵过程会将大部分乳糖分解成乳酸，使其更容易消化。即使将酸乳酪放入冰箱，酸乳酪中的天然友好细菌会继续分解乳糖作为能量，因此酸乳酪中的乳糖含量还会继续每天逐渐减少。即使在食用后，这些友好细菌也能继续在体内分解乳糖，有助于缓解乳糖不耐症患者的症状。因此，酸乳酪中的益生菌增加了人体对营养素的吸收和利用。与其他乳制品相比，酸乳酪的酸度也提高了钙、镁和磷等矿物质的溶解度和吸收率。

相比之下，高度加工的乳制品，如奶酪、调味奶、奶油和冰淇淋，由于它们的脂肪、盐和糖含量高，通常会降低钙的生物利用度。此外，这些乳制品中的添加盐和糖可能会引起炎症或其他不利于骨骼的健康问题，从而抵消了它们原本可以提供的健康益处。

酸乳酪的十大健康益处:

- ✓来自牛奶，容易消化的蛋白质和营养的极佳来源。
- ✓乳糖含量极低，随着时间的推移可能会改善乳糖耐受性。
- ✓含有友好的细菌和益生菌，有助于维持健康的肠道菌群，可以帮助消化。
- ✓帮助肠道感染后的愈合。
- ✓有助于降低阴道炎和念珠菌的病例感染。
- ✓可降低胆固醇，减少心脏病的风险。
- ✓有助于预防骨质疏松和牙齿疾病。
- ✓控制食欲和支持体重管理。
- ✓帮助促进年轻和健康的皮肤。
- ✓增强免疫反应，促进免疫系统。

遗憾的是，大多数商业酸乳酪都含食品添加剂和食品调理剂以使产品更有吸引力。结果是一种失去了许多酸乳酪健康特性的高度加工食品。最安全可靠、最经济的方法就是自己制作酸乳酪！有了**新生命酸乳酪制造机、新生命酸乳酪酵母和新生命低脂牛奶粉**这三剑客，轻而易举就能自制酸乳酪！



THE PERFECT TRIO 完美三剑客

NewLife™ Yoghurt Maker

- Features precise temperature control throughout the fermentation process, ensuring quality yoghurt every time.
- The perfect size: one litre at a time.
- Easy to use and portable.

新生命酸乳酪制造机

- 整个发酵过程都有精确的温度控制，确保每次酸乳酪的品质。
- 每次制作1公升，份量刚刚好！
- 很容易使用。

NewLife™ Yoghurt Starter

- Easy to use and economical.
- Fast incubation.
- No preservation or colouring agents.
- Gluten free.
- Halal and Kosher certified.

新生命酸乳酪酵母

- 使用方便，经济实惠。
- 快速酝酿。
- 不含防腐剂或着色剂。
- 无麸质。
- 清真和犹太认证。



NewLife™ Low Fat Milk Powder

- Produced from grass-fed cows on the lush pastures of New Zealand.
- Certified pesticides and antibiotics free.
- Artificial hormones free (The New Zealand Government prohibits the use of animal growth hormones in dairy farming).
- Low in fat (0.7-0.8%) and calories to support weight management—contains 40% less calories than whole milk.
- High in calcium and vitamin D to support bone health.
- Protein source and helps to meet daily protein requirements.

新生命低脂牛奶粉

- 是由在新西兰郁郁葱葱的牧场上喂草的乳牛生产的。
- 零农药和零抗生素认证。
- 无人工激素(新西兰政府禁止在奶牛养殖中使用动物生长激素)。
- 低脂肪(0.7-0.8%)比全脂牛奶少40%的热量，是担心体重增加人士的理想选择。
- 富含钙质和维生素D，有助于维护骨骼健康。
- 一种优质蛋白质，有助于满足每日蛋白质需求。