

Rediscover the health benefits of milk and other dairy products!

Do you think that milk is high in calories and drinking too much will cause you to gain weight? Get rid of that misconception and rediscover the health benefits of milk (and other dairy products).

June 1 is
World Milk Day



Same amount of calories and fat as tofu

Compared to tofu, which is often seen as a healthy food, an equal portion of milk has about the same amount of calories and fat. Even in terms of nutritional value, although milk has less protein, it has more calcium than tofu.

Milk	Per 100 g	Tofu (firm)
87.4kcal	Energy	85.9kcal
3.8g	Fat	4.9g
110g	Calcium	93g
3.3g	Protein	7.0g

Source: Standard Tables of Food Composition in Japan - 2020 - (Eighth Revised Edition)

Calcium and high-quality protein are necessary to prevent Locomotive Syndrome, whereby the body's mobility is reduced. Both milk and tofu are rich in them.

Benefits from nutrients in milk

Protein Casein, or milk protein, is believed to help with the absorption of calcium and to regulate blood pressure.

Saturated fatty acids The saturated fatty acids in milk are metabolized quickly, so they are less likely to become body fat.

Calcium One cup (200 ml) of regular milk contains 227 mg of calcium, and 40% of it is absorbed! That's more than for small fish (33%) and vegetables (19%).

Potassium The potassium in milk helps to remove sodium from the body and to prevent high blood pressure.

These nutrients prevent **hypertension, diabetes, and stroke!**

However, be careful not to drink too much if you have high cholesterol!

Reference: FACTBOOK: Latest Information on Milk and Dairy Consumption and Lifestyle Diseases; supervised by Akira Okayama [Japan Dairy Association 2017/12]

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website (English version)!

The website is available in English. Please be sure to read it.



Click "English" at the bottom of the homepage.
<http://www.sonykenpo.or.jp/>

