

Food Safety & Quality Assurance Update

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Milk: The Ultimate Nutrient Package

Milk is at the heart of UDA's wide portfolio of products and operations. The journey begins when tankers and supertankers safely deliver milk from dairy farms to UDA by our transport team members. After testing by our quality assurance team in the lab, milk can then be transformed into butter, cream, cheese, or dried into powders. Ultimately, every product starts with milk in its pivotal processing journey.

Not only is UDA milk safe and efficiently produced, there are many nutritious health benefits associated with drinking milk. It's not just for children, you can reap the benefits of milk at any age! Milk, whether it is flavored, whole, 1%, 2%, skim, or lactose-free, has a total of 13 essential nutrients, which include calcium (of course), high-quality protein, vitamin D, phosphorus, Vitamin A, riboflavin, Vitamin B12, Pantothenic Acid, niacin, zinc, selenium, iodine, and potassium. The powerful combination of milk's vitamins A and D, protein, selenium, and zinc, all promote normal immune function in the body.

Following are some of the other great benefits of milk:

Satiety

Nothing satisfies quite like a tall, cold glass of milk. The science is well-established that protein is more satiating than the same amount of carbohydrates or fat, which leads to feeling more full.

Calm

Even though there needs to be more research conducted, it is a possibility that tryptophan, an amino acid that is naturally found in milk, may be shown to be linked to aid with going to sleep at night.

Health

Per the research conducted by the National Dairy Council, enjoying dairy foods, regardless of fat content, is not associated with risk for cardiovascular disease and score neutral or anti-inflammatory when compared to other foods within the diet. Also, National Dairy Council research states that low-fat dairy foods are linked to a reduced type 2 diabetes risk.



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Workout Recovery

Because of milk's unique nutrient package, flavored milk is the perfect beverage to enjoy after heavy physical activity and is known to have the magical "3-R" qualities of rebuilding, refueling, and rehydrating.

- Research supports the idea that milk's high-quality protein makeup of essential amino acids aids in rebuilding lean muscle. Essential amino acids are deemed "essential" because they cannot be made by the body alone. Compared to plant-based alternatives, milk generally has higher protein content per serving and possesses "high-quality protein" due to its composition of essential amino acids.
- In addition, the mix of protein and carbohydrate content shows that by drinking milk, muscles are refueled and can recover from strenuous activity. The added sugars in flavored milk contribute to a higher carb content vs. non-flavored milk which is beneficial for fueling the recovery of muscles.
- Did you know that milk hydrates better than water or common sports drinks? Milk's nutrient profile includes sodium, magnesium, and the two essential nutrients, calcium and potassium, which are all linked to rehydrating the body and help with replenishment of nutrients that are lost when we sweat.

Great taste

If added sugar is a concern for enjoying flavored milk, it is important to consider how much total nutrition is achieved by consuming a product with added sugars. In the case of flavored milk, remember that milk has 13 essential nutrients no matter the varying levels of sugar or fat. For children who are between 2-18 years old, flavored milk contributes to only 4% of the total added sugars in their diets. Therefore, flavored milk can fit into a healthy eating pattern.

Lactose-free Option

If lactose intolerance is a concern, lactose-free milk is available and has the same great taste and nutrition as traditional milk. As a partner of UDA, Fairlife products are all 100% lactose-free. Shamrock's Rockin' Protein drinks are also local and lactose-free.

As a team at UDA, let's be proud of our product and enjoy the nutritious benefits of milk with a glass today!