

Milk and Dairy Products in Human Nutrition

Milk and dairy product are not only a vital source of nutrition but they also represent livelihood opportunities for farm families, processors and other stakeholders in dairy value chains. All Governments should be investing more on programmes that make milk and dairy products available to poor families and help them produce milk at home says a book, *"Milk and Dairy Products in Human Nutrition"*. Milk and dairy products hold huge potential to improve nutrition and livelihoods for hundreds of millions of poor people across the world.

According to FAO's Senior Nutrition Officer Ellen Muehlhoff, who co-edited the publication, milk and dairy products can be an important source of dietary energy, protein and fat. As part of a balanced diet they are also rich in micronutrients critical for fighting malnutrition in developing countries where the diets of poor people are often starch- or cereal-based and lack diversity.



This publication draws together information on nutrition, and dairy-industry development, providing a rich source of useful material on the role of dairy products in human nutrition and the way that investment in dairy-industry development has changed.

For details visit <http://www.fao.org/news/story/en/item/203977/icode/>

Milk and Dairy Products in Human Nutrition is also available as an FAO e-book at the following link <http://www.fao.org/publications/e-book-collection/en/>

Compiled by Animal Breeding Group, National Dairy Development Board