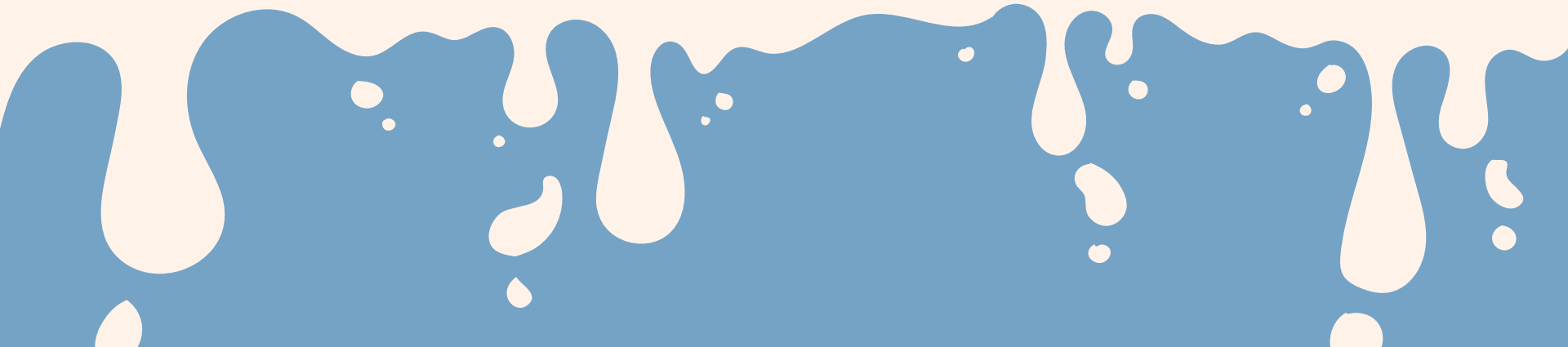


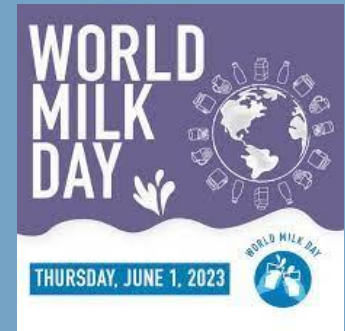


WORLD MILK DAY

CELEBRATED EVERY YEAR ON 1st JUNE



ABOUT THIS DAY



World Milk Day is a day established by the Food and Agriculture Organization (FAO) of the United Nations to recognize the importance of milk as a global food. It has been observed on June 1 each year since 2001. The day is intended to provide an opportunity to bring attention to activities that are connected with the dairy sector.

2023 THEME

In 2023, World Milk Day will focus on showcasing how dairy is reducing its environmental footprint, while also providing nutritious foods and livelihoods. Together, we will drive an active narrative that integrates the environmental, nutritional and societal impacts of the sector.

A large, stylized graphic of a water splash in shades of blue and white, occupying the left and bottom portions of the image. The splash is composed of various droplets and larger water masses, creating a sense of movement and freshness.

AWESOME DRINK

World Milk Day 2022 Theme

The theme of World Milk Day 2022 was “Dairy Net-Zero”. Here are some more details about the theme.

Emissions begin with the production of dairy animal feed and end with the consumption of milk products.

Moreover, Milk Day will encourage sustainable dairy production toward achieving Dairy Net-Zero.



According to a report by Anand Dairy University, the dairy industry accounts for **2.7 percent** of global carbon-dioxide emissions.

Fueled by the recent developments towards combating climate change at the global level, World Milk Day emphasizes the role of the industry in achieving humongous climate targets.

Milk Day Objectives

01

Milk is one dairy product that is required extensively throughout the world.

02

Milk Day aims to highlight the importance of milk.

03

This day also aims to bring the efforts of the dairy industry to the foreground.

World Milk Day Significance

Milk is global food consumed since time immemorial.

According to Food and Agricultural Organisation, around six billion people consume milk in one or another way globally.



World Milk Day aims to educate people about the high demand and sources of milk.

This day also wants to highlight the fact that the dairy industry provides livelihood to one billion people.

World **Milk** Day in India

India **aces** global milk production and is one of the biggest milk-producing countries in the world.

India is currently the top milk producer, with over 199 million tonnes produced in 2021 (USDA)



The theme of World Milk Day 2023 resonates with India's global commitment to curbing climate change.

To promote the health advantages of dairy products, the government launched a public awareness campaign, **A Glass of Goodness.**

WHY SHOULD YOU DRINK MILK?



Drinking milk is a good way to get your calcium fix but the benefits of milk don't stop there. Milk also provides protein, fortified vitamins and more.

- Milk maintains bone density & promotes muscle growth.
- Milk contains B vitamins.

6 PROVEN HEALTH BENEFITS OF MILK



Milk contains a wide array of nutrients, including vitamins, minerals, protein, healthy fats and antioxidants. Keep in mind that its nutritional content can vary depending on many factors.



Milk is a rich source of quality protein that contains all nine essential amino acids. It may help reduce age-related muscle loss and promote muscle repair after exercise.



Milk contains a variety of nutrients that benefit bone health, such as calcium, vitamin D, phosphorus and magnesium. Studies suggest that consuming milk and dairy products may prevent osteoporosis and reduce the risk of fractures.



Adding milk, especially whole milk, to your diet may prevent weight gain.



Milk is a versatile ingredient that can be added to your diet in a number of ways. Try adding it to smoothies, coffee or your morning oatmeal.



TYPES OF MILK

WHOLE

This is also referred to as regular milk and consists of about 3.25% to 3.5% fat.

It's called whole milk because it's the closest to the way it comes out of a cow before the milk is processed and hence is purer than all the other types of milk.



SKIMMED

These milk types are a popular choice among those who want the nutrients of whole milk but not the calories and fat. An eight-ounce glass of skimmed milk has only about 80 calories.

ORGANIC

These milk varieties are essentially milk from cows that were not given supplemental hormones. It's produced by dairy farmers who use organic fertilizers and pesticides.



FLAVORED

These are fun milk varieties that are a tasty choice of protein for children and adults alike. You can count it as a serving of dairy because it has all the nine essential nutrients but it's easier to get kids to drink it.



CONCLUSIONS

In 2023, World Milk Day will focus on showcasing how dairy is reducing its environmental footprint, while also providing nutritious foods and livelihoods. Together, we will drive an active narrative that integrates the environmental, nutritional and societal impacts of the sector.