

What is the Nutritional Value of Organic Farm Fresh Milk?

Organic Milk has the properties that can provide kids and adults with the required vitamins and nutrients for stronger bones, muscles, and brain.

Organic milk is considered superior to regular milk because of all the good stuff. They do not consist of growth hormones, antibiotics, or pesticide properties.

Moreover, the organic cows are happier while on farms and are under proper care. As a result, they give healthier milk. There is no exposure of organic cows to chemically contaminated food which gives you nutritional milk for consumption.

Due to the presence of more nutritional content, organic milk is highly preferred by people across the globe, even at higher price tags. In this article, you will know about the true nutritional value of organic farm-fresh milk.

Nutritional Properties of Organic Milk

Organic Milk is full of antioxidants and omega-three fatty acids. The presence of antioxidants is helpful for the human body to fight several diseases and is not available in regular milk. As organic cows grow with human-like treatment, they have their healthy diet for producing healthy milk with rich antioxidants.

There are many other nutritional properties of organic milk that you must know, such as Vitamin A. Vitamin A in organic milk is responsible for bone growth, infection resistance, gene expression, and tooth development.

Here is why omega-three fatty acid, antioxidants, and others are considered as good nutritional value for organic milk:

- **Omega 3 Fatty Acids:**

Both omega three and omega 6 are quite essential for a healthy human body. The human body cannot produce such fatty acids on its own for which additional diets are necessary.

There should be a proportionate balance between obtaining both these fatty acids to ensure health benefits. Organic milk can help keep omega-six low and increase omega 3 in your body to keep you safe from several diseases such as asthma, heart problems, cancer, autoimmune diseases, and others. Therefore, organic milk is preferably consumed to make sure that these reactions can be avoided.

- **Antioxidants:**

Organic milk consists of rich antioxidants and minerals such as selenium, iron, Vitamin E, carotenoids, etc. Regular milk lacks these nutrients for which it is not considered as healthy as compared to organic milk.

The antioxidants consumed by the body help it deal with free radicals and prevents oxidative cell damage. The consumption of organic milk can fulfill the need of the body for antioxidants to help you be safe from cancers, coronary diseases, and others.

- **Conjugated Linoleic Acid:**

Conjugated Linoleic Acid present in organic milk helps improve the metabolic rate of the body. It helps in boosting the immunity power of the body to combat several diseases. Not just that, but it is also helpful in improving muscle growth. CLA properties of organic milk reduce allergic reactions in the body.

They also reduce cholesterol and fat level for better health. CLA is not produced by the human body on its own and is provided by consuming organic milk. As per the medical experts, CLA is

also helpful in treating some forms of cancer. Therefore, people are showing more interest in consuming organic milk over regular milk.

Why is Organic Milk Better for School Going Kids?

The nutritional value of organic milk makes it an ideal choice for consumption for both kids and adults. As per the surveys done, the parents prefer giving organic milk to their school-going kids for several reasons.

Parents make their children consume organic milk in different forms such as chocolate shakes, coffee, butter, cheese, and others.

Some of the reasons for which organic milk is a better option for school going kids are:

- The nutritional properties of organic milk improve the eyesight of children by giving them the strength to do more focused studies. The presence of Vitamin A in organic milk helps enhance vision power.
- Children eat a lot of junk that might hamper their body adversely. Organic milk helps them develop a healthy immune system to fight those disease-causing bacteria or viruses.
- Organic milk energizes the brain cells that improve the memory power and learning ability of children. This will help strengthen the foundation of children studying in schools.

There are many schools with canteens that are now supplying organic milk instead of regular milk to kids. This is a great initiative as they have a great nutritional value that will help the children in the long run. Whether you are a school going kid or a working adult, a glass of organic milk every day can help keep you safe from several diseases in life.

Conclusion

Now, you know why organic milk has got the title of high nutritional value amongst other milk types. They are pure, organic, and are healthy for the human body. There are many rich nutrients present in organic milk that not only cure your adverse health conditions but also helps you restrict them to affect your body in the future.

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