



The role of condensed milk advantages and its disadvantages

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DESCRIPTION

Milk is heated to a temperature at which the water content evaporates to produce condensed milk. The milk's sugars eventually caramelize, turning the liquid into syrup. Condensed milk is a type of concentrated milk that is sweeter and more flavorful than plain milk. This thick liquid is used to make a variety of desserts, including pie, laddu, barfi, payasam, fudge. Condensed milk lends sweet meals a rich, milky flavor while also serving as a binder by binding components together with its gooey consistency. For homes without access to fresh milk, condensed milk is also helpful. Adding drinking water will reconstitute it into milk.

Milk that has been evaporated and condensed has had half of its water removed. The sole difference between the two is the addition of sugar to condensed milk. Milk that has been evaporated contains no extra sugar. Due to the sugar addition, condensed milk is more durable than evaporated milk.

Benefits of Condensed Milk for Health

The benefits of regular milk are boosted in condensed milk since it contains more sugar. Condensed milk is a good source of these nutrients in addition to calcium, vitamin D, vitamin B12, vitamin A, riboflavin, phosphorus, and protein. These nutrients are necessary for healthy teeth and bones, a robust immune system, and a cardiovascular system.

Might Reduce Cholesterol

The presence of cholesterol and saturated fats in milk and dairy products theoretically could increase the risk of cardiovascular diseases. A study on the Maasais, an African tribe that enjoys milk, discovered that they have a low incidence of cholesterol. It is believed that dairy products include indigestible carbohydrates (sugars) that

the gut flora ferments. This alters the manufacturing of cholesterol and lowers the amount of cholesterol in the blood.

Calorie-Dense

Depending on the needs, the high calorie content of a modest amount of sweetened condensed milk may be beneficial or detrimental. It can be a great tool for those attempting to put on weight, but for those trying to shed pounds, it could provide extra calories that aren't essential.

There is little evidence available regarding the health advantages of condensed milk because it is typically used as a component in desserts rather than being ingested alone or as a supplement. Let's examine some of the drawbacks of consuming sweetened condensed milk in the next part.

Risks of Condensed Milk

Condensed milk might share some of milk's health benefits, but it shouldn't be used as a substitute. Condensed milk might not be the ideal option if we're trying to lose weight because it's high in calories and includes added sugar. A better option if we want to cut calories is evaporated milk. Condensed milk also includes lactose, which might be harmful to people who are lactose intolerant. There could be gas, cramps, and stomach discomfort. Because condensed milk is more concentrated than the same volume of regular milk, it contains more lactose.

Sweetened condensed milk includes a lot of calories, but it also has a lot of saturated fat, which is dangerous for people with diabetes and heart issues. According to studies, eating a diet high in saturated fats can raise insulin and Low Density Lipoprotein (LDL) cholesterol levels. When LDL cholesterol levels are high,

cardiovascular issues are more likely to occur. It can also make insulin resistance worse, which inhibits the body from metabolizing the sugar that leads to type 2 diabetes.