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FASINATING MILK

Unique Facts milk

HOW TO MAKE ALMOND MILK ?

All you need are almonds, water, and a blender.

We're getting back to basics today with homemade almond milk. Almond milk is a popular dairy-free, vegan-friendly nut milk, and I'm thrilled to show you just how easy it is to make almond milk at home.

There's just two ingredients in homemade almond milk – raw almonds and water! But you can tweak the recipe to your liking with a splash of vanilla extract or sweetener, like maple syrup, honey, or pitted dates.

Milk, often hailed as nature's complete food, is a nutritional powerhouse, encompassing an impressive assortment of macronutrients and micronutrients. It includes proteins, carbohydrates and fats, along with vital micronutrients like calcium, B complex vitamins (particularly B12), Vitamin D, potassium, and phosphorus. This diverse nutrient profile makes milk a comprehensive source of sustenance for the body, providing numerous health benefits. So, the question arises, when is the best time to have it? The answer is simple, it varies according to the purpose for which it is had. And there is no study so far to indicate a time window for milk consumption.

Health benefits of milk



The protein in dairy products can support skin suppleness as we age. Retinol, a well-known antioxidant that fights ageing and restores skin, is also found in milk. Vitamin D from milk has anti-ageing properties due to its anti-inflammatory properties and UV protection. Dairy has a long history of being linked to acne. The Journal of the American Academy of Dermatology released a review of studies on acne and milk that suggested that sugar and the Western diet, which has a high glycaemic index, maybe the more likely culprits behind acne.

While drinking milk may not always be a good idea for the skin, it is frequently used as a combining ingredient in several homemade beauty masks that give the skin a glow.

Milk has natural moisturising properties and is considered to have purifying effects. The skin may also brighten on using milk.