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Fromage to you

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Skip to the context of our smells for our farmers, Cowgirl Creamery is in love with Latics as a force forever. We continue our original mission to create delicious extraordinary milk cheese in our region. Cheese creation has been in practice for more than 8,000 years for various cultures around the world. Throughout the history, many animals were evaluated by their milk, including camels, bison, goats and yak. Today, most of the Latricanios production comes from cow's milk, increasing by 50% in the last 40 years. Although the percentage of milk consumption in liquid shape decreased, the popularity of the cheese has been on ascended, with each person eating a 34-pound day per year from 2012 (1). However, not all cheeses are created equal. Most cheeses get a bad rap. We hear about how unhealthy, negatively contributing to our waist and increasing the number on the scale. While all cheeses should be eaten with modera, there are some good additions to your shopping list, including Switzerland, Feta, Part-Skim Mozzarella, ParmesÃ F o cheese Cottage (2). These are a great source of many essential vitamins and minerals, and can help you avoid common health problems. 1. Cheese can avoid osteoporosis that our parents always instructed us to drink our milk as children, telling us that CÃlio and vitamin D would help us build strong bones. The truth is that our dough is continued to grow through the infancy and adolescence, reaching its peak density around 30 years. From there, the aging process begins to dilate our bones over time. It is easy to see that the higher your density is at this time, the less effect aging will have in your skeletal integrity. Unfortunately, inadequate dough can contribute to the development of osteoporosis later in life. Osteoporosis is a disease characterized by fragile, porous bones, and affects more than 10 million Americans, 80% of which women are. It is the leading cause of fractures, with 1.5 million estimated every year (particularly on the pulse, hip or in VÃ © Rtebras). The cause can be attributed to the low consumption or low of the calcium, which causes the bones to slowly break (3). Balanced nutrition can help you avoid the development of osteoporosis. You need to ensure that you are receiving appropriate amounts or protein, CÃlio and Vitamin D. The World Health Organization (WHO) recommends a minimum daily intake of 400 to 500 mg of CÃlio by day for people over 50 years and at risk of fractures (4). Court products, particularly fortified cheese with vitamin D, can be a great way to consume the correct balance of vitamins and minerals. Bottom Line: Increasing your pickup and protein intake with cheese can keep your bones strong and help prevent osteoporosis. 2. Cheese can have a positive effect on your dontolytic healthy a study by dental professionals has shown that fed cheese can help prevent dental cavities. Four groups were tested, consuming milk, yogurt without action, paraffin and cheese, and the pH equilibrium in several areas of their mouths were tested before and after consumption. A pH level below 5.5 can leave teeth at risk of erosion due to acids created in your mouth. While groups drank milk, and ate paraffin and yogurt without action did not show significant changes, the group I ate cheese experienced an increase in pH levels (5). The findings can be the result of the increase in saliva production due to chewing, which protects teeth from erosion. It could also be that certain components of the cheese adhered to the teeth, protecting them from acid. In any case, your teeth are composed of the same substances as your bones. Just as the cheese is BENIT FOR YOUR Ossea, it can also have positive effects on your oral health. Bottom Line: Cheese can keep your teeth strong and prevent expensive dontolytic work that results from decadÃncia. 3. Cheese consumption can help you gain weight healthy for most people, the idea of Weighing is not something to be watched favorably. For some, weight gain is a necessity for several reasons. Actors and athletes may need to increase above a role or game next season, or a child may be underweight for her age, according to your pediatrician. For those seeking to gain weight, there is a wrong way and a wrong way of doing this. You do not want to put your health at risk by choosing the wrong foods. With its fat and protein content, in addition to the various vitamins and minerals that she contains, the cheese is a great option to gain weight in a healthy way (6). You need to be careful about how much the cheese you eat, as it can take you too far to the extreme opposite in the weight graphic. It is a very dense energy in energy, which contains a lot of calories per gram. Common cheeses such as goat, gouda and parmesan, contain more than 100 calories per gram. Eat a diet consisting mainly of rich foods in energy density can lead to obesity. Try balancing your cheese intake with low energy density foods such as fruits and vegetables (7). Bottom Line: If your doctor told you that you or your child needs to gain weight, cheese can be a healthy way to achieve this goal. 4. The cheese is the best source of dietary daily for abundant mineral more in the body, the harvest is a necessity for life. It regulates vascular function, nervous transmission, muscle function, and hormone secretion. While it is necessary for these functions only 1% of the calcium in the body, the other 99% is stored in the bones. Your bones go through constant remodeling all your life. The balance between formation and rupture changes over time, with the formation greatly surpassing infancy, vice versa, in older adults, and a balance between the two in adolescence and Early adulthood (8). Our bodies can not create new pickup, and we lost from pickup every day through our dead skin cells, nails and hair, sweat and droppings. It is important to get your recommended daily calcium (about 1,000 mg for the adult (9)), as the calcium do not receive through our feeding © then withdrawn from our bones, leaving them prone to break and vulnerable à € à €

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