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Milk

\f1\b0 is a white liquid {\field{*\fldinst{HYPERLINK "https://en.wikipedia.org/wiki/Food"}}{\fldrslt \cf4 food}} produced by the {\field{*\fldinst{HYPERLINK "https://en.wikipedia.org/wiki/Mammary_gland"}}{\fldrslt \cf4 mammary glands}} of {\field{*\fldinst{HYPERLINK "https://en.wikipedia.org/wiki/Mammal"}}{\fldrslt \cf4 mammals}}. It is the primary source of {\field{*\fldinst{HYPERLINK "https://en.wikipedia.org/wiki/Nutrition"}}{\fldrslt \cf4 nutrition}} for young mammals (including {\field{*\fldinst{HYPERLINK "https://en.wikipedia.org/wiki/Breastfeeding"}}{\fldrslt \cf4 breastfed}} human infants) before they are able to {\field{*\fldinst{HYPERLINK "https://en.wikipedia.org/wiki/Digestion"}}{\fldrslt \cf4 digest}} solid food.

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\fs28 \cf2 \nosupersub Immune factors and immune-modulating components in milk contribute to {\field{*\fldinst{HYPERLINK "https://en.wikipedia.org/wiki/Milk_immunity"}}{\fldrslt \cf4 milk immunity}}. Early-{\field{*\fldinst{HYPERLINK "https://en.wikipedia.org/wiki/Lactation"}}{\fldrslt \cf4 lactation}} milk, which is called {\field{*\fldinst{HYPERLINK "https://en.wikipedia.org/wiki/Colostrum"}}{\fldrslt \cf4 colostrum}}, contains {\field{*\fldinst{HYPERLINK "https://en.wikipedia.org/wiki/Antibody"}}{\fldrslt \cf4 antibodies}} that strengthen the {\field{*\fldinst{HYPERLINK "https://en.wikipedia.org/wiki/Immune_system"}}{\fldrslt \cf4 immune system}} and thus reduce the risk of many diseases. Milk contains many nutrients, including {\field{*\fldinst{HYPERLINK "https://en.wikipedia.org/wiki/Protein"}}{\fldrslt \cf4 protein}} and {\field{*\fldinst{HYPERLINK "https://en.wikipedia.org/wiki/Lactose"}}{\fldrslt \cf4 lactose}}.

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\cb3 As an agricultural product, {\field{*\fldinst{HYPERLINK "https://en.wikipedia.org/wiki/Dairy"}}{\fldrslt \cf4 dairy}} milk is {\field{*\fldinst{HYPERLINK "https://en.wikipedia.org/wiki/Milking"}}{\fldrslt \cf4 collected from farm animals}}. In 2011, {\field{*\fldinst{HYPERLINK "https://en.wikipedia.org/wiki/Dairy_farming"}}{\fldrslt \cf4 dairy farms}} produced around 730\`a0million {\field{*\fldinst{HYPERLINK "https://en.wikipedia.org/wiki/Tonne"}}{\fldrslt \cf4 tonnes}} (800\`a0million short tons) of milk

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\fs28 \cf2 \nosupersub from 260 million dairy cows.

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\fs28 \cf2 \nosupersub {\field{*\fldinst{HYPERLINK "https://en.wikipedia.org/wiki/India"}}{\fldrslt \cf4 India}} is the world's largest producer of milk and the leading exporter of {\field{*\fldinst{HYPERLINK "https://en.wikipedia.org/wiki/Skimmed_milk"}}{\fldrslt \cf4 skimmed milk}} powder, but it exports few other



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\fs28 \cf2 \nosupersub Because there is an ever-increasing demand for dairy products in India, it could eventually become a net importer of dairy products.

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\fs28 \cf2 \nosupersub New Zealand, Germany, and the Netherlands are the largest exporters of milk products.

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\fs28 \cf2 \nosupersub The US {\field{*\fldinst{HYPERLINK "https://en.wikipedia.org/wiki/Centers_for_Disease_Control_and_Prevention"}}{\fldrslt \cf4 Centers for Disease Control and Prevention}} recommends that children over the age of 12 months should have two servings of dairy milk products a day.

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\cb3 More than six billion people worldwide consume milk and milk products, and between 750 and 900 million people live in dairy-farming households}