



## ANALYSIS OF THE DEGREE OF SATISFACTION OF HUMAN FOOD NEEDS THROUGH THE CONSUMPTION OF MILK AND DAIRY PRODUCTS

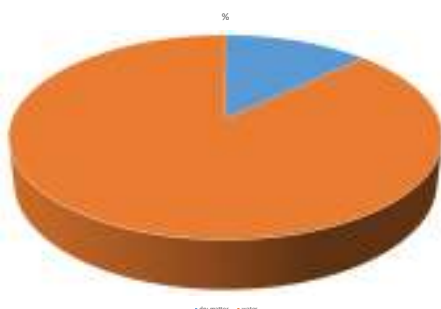
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**Abstract:** Viewed in terms of nutritional value, a liter of milk can be equivalent to: 400 grams of pork, 750 grams of veal, 600 grams of beef, 8-9 eggs, 500 grams of fish meat, 1.5 kg of apples or 125 grams of bread. Consumption of a liter of milk can provide 616 calories, which is more than a fifth of the daily requirement, meaning 31.5 grams of protein - about half of the need and in terms of daily ration of calcium and phosphorus is found to provide between 85-100% of daily human needs.

### • Results and discussions

- Being considered a strategic product in the agri-food market, milk has a very high biological importance, due to its content in amino acids, proteins, lactose, fats, vitamins and minerals.
- The chemical structure of milk comprises approximately 13% dry matter and 87% water (Figure 1). The dry matter comprises 4.8% lactose, 3.8% fat, 3.6% protein and 0.7% mineral salts.
- The nutritional needs of an adult body can be met by consuming milk and dairy products in various proportions. Below I will present some data on the body's dietary needs and the degree of their satisfaction, in adults, following the consumption of milk or other dairy products (Table 1).



Food needs	The daily necessities	Percentage provided by consuming one liter of milk (%)	The percentage provided by consuming 100 grams of fresh cheese (%)
Energy	2800 calories	22%	13%
Protein	70 R	45%	38%
Calcium	0.8 R	85%	70%
Phosphorus	0.8 R	100%	60%
Iron	15 g	6%	5%
Vitamin A	5000 UI	40%	30%
Vitamin B1	1.5 mg	30%	1.5%
Vitamin B2	2.5 mg	60%	8%
Vitamin PP	15 mg	8%	—
C vitamin	75 mg	25%	—

### CONCLUSIONS

In order to harmoniously develop the human body, but also to maintain its health and especially its normal functioning, in addition to the consumption of fresh milk, it is also recommended to consume products obtained by processing it, meaning various dairy products that exist on the market, being found in a very diverse range.

By consuming milk (1 liter/day) it is found that 616 calories can be provided from the daily energy requirement, meaning more than a fifth or 31.5 grams of protein, meaning about half of the need and 85-100% of the ration daily intake of calcium and phosphorus.