

# Reboiling milk? You are killing nutrition

## Most Indian Women Treat Milk The Wrong Way

Kounteya Sinha | TNN

**New Delhi:** Boiling milk several times before drinking and that too at high temperature, which reduces its nutritious value, is highly prevalent among Indian women.

A first-of-its-kind Milk Boiling Habits study that involved 2, 400 women across eight major cities has found that Chandigarh leads the pack, with the general habit of boiling milk more than three times a day.

While, 84% of women surveyed in Kolkata always boiled milk for over five minutes. About 46% of women in Pune preferred to boil milk in high temperatures.

The study, conducted by Indian Medical Academy (IMA), on women aged between 25 and 40 in Delhi, Mumbai, Chennai, Kolkata, Bangalore, Hyderabad, Pune and Chandigarh discovered that people in this country are not following proper milk boiling practices.

"They are boiling and re-boiling milk on high flame for extended periods and that too without stirring it," the study says. About 49% of Indians boil milk more than thrice before consumption.



### HEAT OF THE MATTER

**49%** Indian women boil milk more than three times a day, with Chandigarh leading the pack

While **56%** boil it for more than **5 mins**, the number touches **84%** in Kolkata

**73%** women do not stir while boiling

**46%** in Pune prefer boiling it on high temperature

● **Ideally, milk should not be boiled more than twice or over two to three minutes**

Around 56% boil it for more than five minutes, and 73% do not stir it while boiling. Most Indians are not following the correct procedure for boiling milk. Chances are high that they may not be consuming quality milk," says Dr Pawan Gupta of IMA.

He added, "Boiling and re-boiling milk at high temperature for a long time affects the nutritional content of the milk, particularly the B group (B1, B2, B12) of vitamins. They evaporate as heat increases. Ideally, milk should be boiled not more than twice and not for more than two-three minutes."

Dr Gupta said, 300 women from each city were se-

lected at random, and asked about their milk boiling practices. "Most women didn't know that boiling so many times and at high temperatures kills the nutritious value of milk. The water soluble vitamins in milk evaporate each time it is boiled," he explained. About 68% consumers are looking for a type of milk that doesn't need boiling and can be readily consumed.

Experts say proper boiling habits are essential. Milk is a complete health drink and contains almost all nutrients. It is a great source of protein that is needed for growth. It is also a good source of energy as it has milk sugar lactose.