

Drinking milk can prevent garlic breath, study finds

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If you're planning a romantic Italian dinner this Valentine's Day, you may want to consider drinking a glass of milk along with your meal.

According to a 2010 study in the [Journal of Food Science](#) published by the Institute of Food Technologist (IFT), researchers from the department of Food Science and Technology at The Ohio State University discovered that drinking milk while eating garlic-heavy food can reduce the malodorous breath associated with garlic consumption.

Both fat-free and [whole milk](#) lowered the concentration of volatile odor-emitting compounds from garlic in the nose and mouth. Due to its higher fat content, whole milk was found to be more effective. Although drinking milk after eating a garlic-infused meal can still help, the study found that drinking it during the meal will have better results.

Garlic is an excellent source of magnesium, [vitamin B6](#), vitamin C, and selenium and is reported to have many health benefits. It also contains a high amount of [sulfur compounds](#), which are responsible for the characteristic odor and flavor of garlic, as well as bad breath.

More information: [onlinelibrary.wiley.com/doi/10 ... 010.01715.x/abstract](http://onlinelibrary.wiley.com/doi/10.1002/jf.10000)

Provided by Institute of Food Technologists

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