

ranges from 83% to 89%, the rest is proteins, fats, minerals, vitamins, various biologically active factors, hormones, enzymes, special active substances, etc. A prolonged deficiency of these amino acids adversely affects the vital activity of the child's body – blood circulation growth processes are disrupted, and liver functions suffer. Milk contains in sufficient quantities such essential amino acids as lysine, methionine, tryptophan. Particles of casein bind to calcium and phosphorus, forming casein–phosphate–calcium complexes. The nutritional value of milk proteins lies in the fact that they contain all the essential amino acids, without which the body can not do because they are not synthesized in the body itself. Amino acids are better balanced in albumin milk, more sugar, and when soured, small delicate flakes are formed in it; it is more close to human milk. The total amount of proteins in cow's milk averages 3.2%, of which 2.7% are casein and 0.5% whey proteins (albumin, globulin). In the stomach, calcium