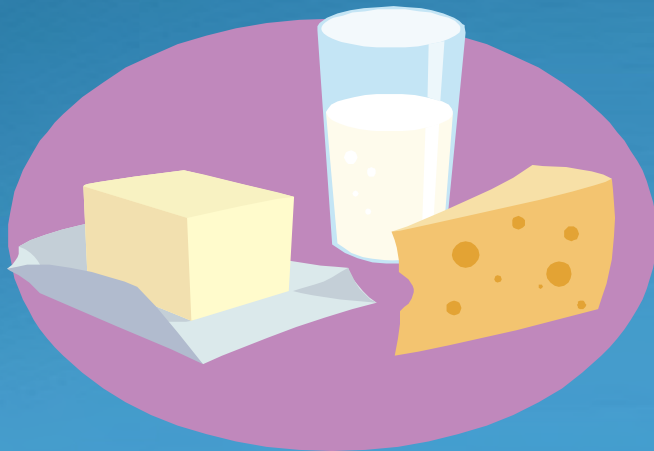


Milk & Alternatives



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Why Consume Milk & Alternatives?

- Milk and alternatives are very important for health, so much so that they make up one of the 4 main food groups in Canada's Food Guide.
- Milk and alternatives help build strong bones when we are young and maintain bone mass in adulthood.
- Milk is loaded with nutrients that play a vital role in normal growth and body functioning.
- Canada's Food Guide recommends that we drink skim, 1% or 2% milk each day

Nutrients in Milk

- Milk products contain up to 16 nutrients, some of which include:
 - **Protein** – helps grow and repair body tissues including bones
 - **Calcium** – helps grow and maintain healthy bones and teeth
 - **Vitamin D** – helps calcium absorb into the body
 - **Riboflavin, Zinc & Magnesium** – play a role in tissue formation and energy metabolism
 - **Vitamin A** – helps bone and teeth develop, and helps maintain night vision and healthy skin.
 - **Vitamin B12** – helps make red blood cells.

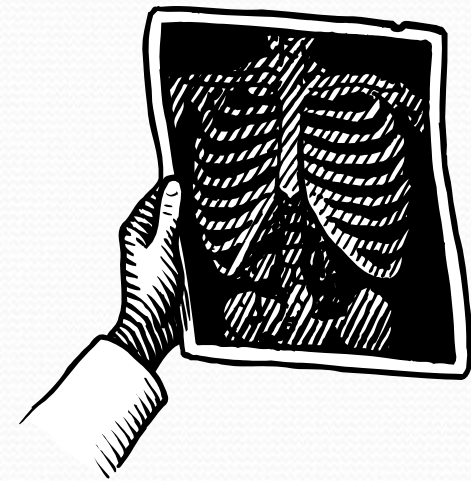
Milk & Disease Prevention

- The nutrients in milk do more than help the body function properly. Several studies have suggested that milk products may contribute to the *prevention* of many diseases or conditions. Some of these include:

Hypertension – consumption of milk products may help lower blood pressure

Colon Cancer – consuming milk and milk products could lower the risk for colon cancer.

Osteoporosis – the calcium in milk products is vital for healthy bones and the prevention of osteoporosis.



What is a serving of Milk?

Milk



Milk, skim, 1%, 2%
250 mL, 1 cup



Milk, chocolate
250 mL, 1 cup



Milk, evaporated, canned
125 mL, 1/2 cup – undiluted



Milk, goat, enriched
250 mL, 1 cup



Milk, lactose reduced
250 mL, 1 cup



Milk, powdered
25 g, 75 mL, 1/3 cup



Milk, powdered
250 mL, 1 cup – reconstituted



Milk, whole
250 mL, 1 cup

All fluid, evaporated or powdered milk sold in Canada is fortified with vitamin D

What is a Milk Alternative serving?

Alternatives

* Fortified soy beverages are an option for people who do not drink milk.



Buttermilk

250 mL, 1 cup



Cheese, block (example: cheddar, Mozzarella, Swiss, feta)

50 g, 1 ½ oz



Cheese, cottage or quark

250 mL, 1 cup



Cheese, goat

50 g, 1 ½ oz



Fortified soy beverage

250 mL, 1 cup



Kefir*

175 g, 175 mL, ¾ cup



Paneer**

50 g, 1 ½ oz



Pudding/custard (made with milk)

125 mL, ½ cup



Yogurt (plain and flavoured)

175 g, 175 mL, ¾ cup



Yogurt drinks

200 mL

*Kefir is a fermented milk drink made by inoculating milk with kefir grains.

** Paneer is a South Asian cheese made by curdling milk with lemon juice or other food acids.

Photo retrieved on November 6, 2009 from: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/milk-lait/serving-portion-eng.php>

Tips for choosing non-dairy milk

- Look for the word “fortified” on the package.
- Fortified nutrients should be comparable to those found in dairy milk:
 - ~30% daily value for Calcium
 - ~45% daily value for Vitamin D
- Fortified soy beverages are the most commonly used alternative to dairy milk.
- Some rice, potato and almond “milks” are fortified with calcium, vitamin D and other nutrients; however, these “milks” do not contain the amount of protein found in dairy milk and fortified soy beverages.



Tips for choosing lower fat milk alternatives

- Milk products with a high milk fat content (% M.F.) such as certain cheeses and yogurts will provide a high amount of fat and calories.
- Opt for lower fat yogurts with a 2% M.F. or less
- Opt for lower fat cheeses with a 15% to 20% M.F. or less
- If you do like high fat cheeses, enjoy them in moderation



*Note – not all fat is bad! In fact, we need fat to absorb vitamins A, D, E and K into our bodies. When it comes to fat, moderation is key.



Tips to include more milk & alternatives in your diet

- Use low fat milk when making scrambled eggs, hot cereals, casseroles and soups.
- Make a smoothie by blending your favorite fresh or frozen fruit with milk or a fortified soy beverage
- Drink a glass of milk instead of soda or fruit flavored beverages.
- Serve lower fat vanilla or fruit flavored yogurt as a dip for fresh cut fruit.
- Make milk or fortified soy beverage a weekly item on your grocery list.

Separating the facts



from the fiction!

Chocolate milk is unhealthy

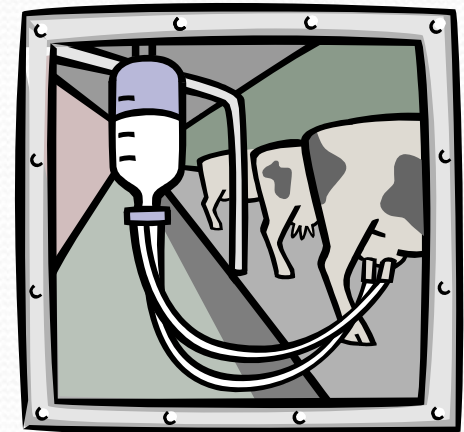
- FICTION!
- While chocolate milk does contain extra sugar, milk is one of highest sources of vitamin D in our diet and it is therefore a good choice.
- Chocolate milk also contains carbohydrates, protein and electrolytes (sodium and potassium) which makes it the perfect beverage to rehydrate and maximize recovery following exercise.



Antibiotics given to dairy cows end up in our milk

- **FICTION!**

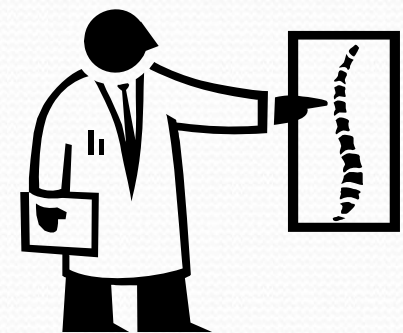
- The use of antibiotics in the dairy industry is strictly monitored and regulated.
- Cows are only given antibiotics if they are sick and a prescription has been written from a veterinarian.
- The sick cow is isolated from the herd until she is better and screening tests show that her milk is free of antibiotics.



Starting around 25-30 years of life, bone mass begins to reduce progressively

- **FACT!**

- As we reach an age where we stop growing bone, bone mass decreases about 0.5% to 1.5% each year.
- To maintain bone mass at this age it is important to continue consuming milk and milk products to prevent bone loss.
- Keeping our bones healthy and strong is one of the best ways we can reduce the chances of getting osteoporosis.



Cows are given growth hormones that will end up in my milk.

- FICTION!

- Injecting cows with growth hormones to increase milk production is strictly forbidden in Canada.
- 100% Canadian milk is one of the safest and most tested foods in the country.
- Dairy farmers make sure that their cows are healthy and well nourished.



Cheese is loaded with salt

- FICTION!
 - *Some* cheeses are higher in salt than others.
 - The sodium content of some cheeses increases during manufacturing such as feta and fondue cheese.
 - If you are watching your sodium intake, opt for less processed cheeses such as Cheddar, Mozzarella or Swiss.



The End 😊



QUESTIONS OR COMMENTS?

References

- Health Canada. Eating Well with Canada's Food Guide: A Resource for Educators and Communicators. 2007. Accessed November 8, 2009 from: <http://www.healthcanada.gc.ca/foodguide>
- Dairy Farmers of Canada. Why Milk Products? Everything you always wanted to know. 2009. Accessed November 6, 2009 from: <http://www.getenough.ca/#/why-milk-products>