

REAL MILKS

Some of the real “milks” found on the supermarket shelf:

Flavored Milk is milk with flavoring and sugar added. It contains all the important nutrients of milk and comes in various varieties of milk from whole milk to skim milk as well as lactose-free and organic milk. Because flavored milk has added sugar, it contains more calories than the same unflavored variety. It contains less added sugar than carbonated soft drinks.



Lactose-free Milk is made for individuals who have lactose intolerance. A person with lactose intolerance does not have enough of the enzyme needed to digest lactose (milk sugar) in their intestine. Lactose intolerance does not usually develop in children before four years of age. Yogurt and hard cheeses are two calcium rich dairy products that may still be well tolerated. Lactase enzyme is available to help digest foods that contain lactose.

Organic Milk is regular milk that is produced on certified dairy farms with the intention to be free from antibiotics, pesticides and hormones. It comes in all the above varieties of milk and contains the same nutrients.

Goat's Milk is a milk similar to cow's milk in many nutrients such as calcium. Goat's milk is a popular beverage in many countries. Goat's milk contains less lactose than cow's milk and is lower in vitamin B12 and folic acid.



MILK CONFUSION



American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



New York Chapter 2

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Most of today's adults drank milk as children but there were not many varieties available. Now the supermarket refrigerator shelves display many choices of items called "milk." Some of these "milks" have no relation to cow's milk. This brochure will help you understand what all these products contain and when they are appropriate for your child.

Dairy Cow Milk

Cow's milk formulas have been developed specifically for infants and are recommended until one year of age for infants who are not breast-fed. Children may begin regular milk after their first birthday. Cow's milk is the most commercially available source of milk in this country.

Removing the fat from milk does not lower the calcium content. Calcium and Vitamin D, which are added to cow's milk along with Vitamin A, help build strong bones.

Dairy milk contains proteins, fats and carbohydrates as well as vitamins and minerals that help promote health and build the immune system. For growing children, REAL dairy milk provides important nutrients like protein, calcium, magnesium, potassium, and vitamin D that are often not available elsewhere in the diet.



Milk comes in a variety of types depending on fat content:

- Skim (fat free)
- 1% (99% fat free)
- 2% (reduced fat)
- Whole milk (regular milk)

Approximate Daily Requirements

Toddlers: 500 mg of calcium a day

Children 12 months to 2 years of age who are not breast-fed should drink whole milk unless your pediatrician recommends a lower fat alternative.

Young children: 800 mg of calcium a day

Over two years of age, children and adolescents should drink reduced fat milk (ranging from 2% milk to fat-free milk). 2 to 3 servings a day.

Older children and teenagers: 1300 mg of calcium a day

Children over eight and teenagers should have 3 to 4 servings a day of reduced fat milk or other low fat dairy products.

Each 8 ounce serving of milk equals 300 mg. of Calcium



Each eight ounce serving provides:

Whole Milk	150 calories	8 grams of fat
2% Milk	120 calories	4.5 grams of fat
1% Milk	100 calories	2.5 grams of fat
Skim Milk	80 calories	0 grams of fat

Milk Alternatives

Some of the "milks" on the supermarket shelf that are not real milk include:

- Soy Milk
- Rice Milk
- Almond Milk

Soy Milk - a beverage made from soybean that contains a plant based complete protein. Soy is a poor source of calcium and vitamins so fortified soy milk is available to provide additional calcium, Vitamin D, and Vitamin B12. Fortified soy milk may be suitable as a substitute for individuals with cow's milk allergy who are unable to drink milk.

Rice Milk and Almond Milk - beverages made from brown rice or almonds. Both are usually very low in protein. Both are available in varieties fortified with calcium and some vitamins but they are poor substitutes for real milk which is rich in protein.

Remember, if you feel your child requires an alternative milk product, speak to your pediatrician.

Dairy milk products provide more than 70 percent of the calcium in an average diet. Without dairy products, it is difficult to reach the required amounts. Intake of milk products is important for bone health during childhood and adolescence. Don't avoid milk or milk products because of a fear of weight gain. Use low fat or fat free products.