

MYTHS

about dairy farming and foods

Did you know many people miss out on health benefits due to avoiding dairy? Studies show, when consumed as part of a healthy diet, dairy can contribute to better bone health, and improve overall diet quality.

Learn more truths about dairy inside.



IMPORTANCE

of dairy foods in the diet

The U.S. Dietary Guidelines have determined that people who consume more dairy foods - milk, cheese and yogurt - have better overall diets and see improved bone health.

Dairy foods are naturally nutrient-rich and provide calcium, potassium, phosphorus, protein, riboflavin and other vitamins and minerals, all essential for human growth and development.



The Dairy Farm Families of the Southeast

For dairy recipes and information about how to incorporate dairy into your diet, visit www.southeastdairy.org.

Southeast United Dairy Industry Association, Inc.

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Get the FACTS *on* DAIRY



NUTRITION FACTS

Myth Only whole milk contains vitamin D.

FACT **All Milk**, regardless of the fat content, **is fortified with vitamin D**. In fact, milk is the number one food source of calcium, potassium and vitamin D, which are critical for bone development. Milk also offers a good source of protein.

Myth For the price, juice supplies more nutrients.

FACT **At just 25 cents per eight-ounce glass**, milk provides twice as many nutrients and vitamins as soft drinks and juices.

Myth Soy, almond, coconut and rice beverages are a healthy substitute for cow's milk.

FACT While some dairy cow milk alternative beverages are a good source of plant protein, they are fortified and **do not offer the same nutrient package** (calcium, potassium, phosphorus, protein, vitamins A, D and B12, riboflavin and niacin) found in milk.



Myth Flavored milk isn't good for you because of its sugar content.

FACT Flavored milk and white milk both **contain nine essential vitamins and minerals** including protein and calcium. Research shows children who drink flavored milk meet more of their nutrient needs; do not consume more added sugar, fat or calories; and are not heavier than non-milk drinkers.

Myth Unpasteurized milk offers more health benefits than pasteurized milk.

FACT Unpasteurized or raw milk and foods made from it do not provide any more health benefits than pasteurized milk. Raw milk **can pose serious health risks** such as tuberculosis and exposure to *E.coli*, *listeria* and *salmonella*.

Myth People who are sensitive to lactose should avoid milk and other dairy foods.

FACT **Lactose intolerance doesn't mean dairy intolerance.** Some people with lactose sensitivity can drink up to one cup of milk with a meal. Hard cheeses and cultured products like yogurt are also a good option, because most lactose is removed. Lactose-free milk is also a great option.

FARM FACTS

Myth Organic milk is healthier than regular milk.

FACT All milk is required to be tested to the **same rigorous standards** by the USDA and the FDA. There is no nutritional difference in organic milk and regular milk. Both varieties contain the same vitamins and minerals and taste great.

Myth Genetically modified (GMO) foods are to blame for my food allergies.

FACT **GMO foods do not cause allergies.** In the nearly two decades GMO foods have been on the market, not a single case of allergies was confirmed due to GMOs, according to the FDA.

Myth By using a large amount of pesticides, farmers don't care about their farms or the environment.

FACT **Dairy farmers do care about their farms and the land.** Environmental practices on all dairy farms are tightly regulated by both federal and state agencies. Dairy farmers consistently meet or exceed those regulations.

Myth Dairy cows are given unnecessary antibiotics; then the antibiotics are transferred into the milk we drink.

FACT Cows are only given antibiotics under conditions approved by a veterinarian. Once a cow is given antibiotics, she is separated from the regular herd and continues to be milked, but her milk is discarded. **That milk is not put in to the tank with other milk and never reaches the store.**

Myth People should stay away from milk because of hormones.

FACT There are minute amounts of naturally-occurring hormones found in all milk and in other foods. In fact, both animal and plant foods have hormones, which are completely broken down during digestion. **Due to consumer demand, most farmers don't use supplemental hormones to increase milk production.** In any case, the milk from those cows is unchanged and completely safe.

