



...because health matters!

Nutrition Matters

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So You Don't Drink Milk

Milk is the richest calcium source in the Canadian diet. Three and half ounces of alligator meat contains as much calcium as 32 oz. of skim milk, but it is so much easier to obtain milk from a cow than alligator meat from an alligator!

Calcium Is An Important Nutrient

Calcium is necessary for building healthy bones and teeth. This is why during pregnancy, breastfeeding, childhood and the teen years, you need more calcium.

Many adults feel they have outgrown their need for calcium. Not so! The human body is always renewing itself and as adults we continue to need calcium for maintenance of healthy bones and teeth, for clotting of blood, for transmission of nerve impulses and contraction of heart muscles (especially regular heart beats).

Vitamin D, sometimes called the "Sun Vitamin" plays an important role in the absorption of calcium. Vitamin D is not naturally present in food. However, whole, 2%, skim, evaporated and skim milk powder have been fortified with Vitamin D, making these milks excellent sources of Vitamin D as well as calcium. Other dairy products such as cheese, ice cream, and store bought yogurt are good sources of calcium but do not contain Vitamin D, a fact to remember for people who regularly prefer these milk products to fluid milk.



Why Don't You Drink Milk?

Some people do not drink milk because they dislike the taste of it. Here are a few ideas that change the taste of milk. They make getting milk into your diet more enjoyable.

1. Eat your milk with cereals, in soups, sauces, casseroles and desserts such as custard, tapioca or rice pudding.
2. Try milk products such as cheese, ice cream and yogurt.
3. Add extra milk powder to casseroles, meat loaves, mashed potatoes, baked goods and home made yogurt.
4. Flavour the milk with vanilla or other flavours.

Try These Recipes:

For youngsters: Whirl in the blender 1 c milk, 1 small banana, and 2 Tbsp undiluted frozen orange juice

For grown-ups: Mix 1 spoonful of instant coffee to a cup of warm (not boiling) milk to make a smooth cafe au lait. Dress it up with a cinnamon stick and sweeten to taste.

Some individuals do not drink milk because it disagrees with them. The problem may be lactose intolerance or a milk allergy.

Lactose Intolerance

Lactose is the sugar in milk. Lactase (an enzyme) is needed to digest lactose. People who don't have this enzyme may feel discomfort after having milk. However, small amounts of dairy products are often tolerated. Lactaid, an enzyme product, might prove to be of some help as it removes 70-95% of the lactose when added to milk.

Allergy

If a person is allergic to the protein in milk, it is likely that he or she will have to completely avoid milk and milk products. This should be done in consultation with a physician and dietitian.

Non- Dairy Sources of Calcium and Vitamin D

Non- dairy Sources of Calcium			
Dried Beans, 1/2 c cooked	50 mg	Canned Salmon, 1/2 can	242 mg
Tofu, 1/2 c	130 mg	Almonds, 1/4 c	80 mg
Broccoli 1/2 c cooked	50 mg	Brazil Nuts, 1/4 c	63 mg
Rutabaga, 1 c cooked	72 mg	Sunflower & Sesame Seeds, 1/4 c	32 mg
Bok Choy, 1/2 c	79 mg	Figs, 5	135 mg
Sardines, 8 small	153 mg	Fortified soy beverage, 1 c.	300 mg
		Fortified orange juice, 1 c.	344 mg

Vitamin D	
Salmon, canned, drained (half 213 g. tin)	700 I.U.
Milk, 1 c.	100 I.U.*
Skim Milk Powder, ¼ c.	75 I.U.
Margarine, 2 tsp.	55 I.U.
Egg Yolk, 1	25 I.U.
*Only milk contains added Vitamin D. Cheese, yogurt and other milk products are not fortified with Vitamin D.	

You can ask your doctor about calcium and Vitamin D supplements if you suspect you are not getting enough milk or you are not out in the sun often. Some calcium supplements made of dolomite and bone meal may contain toxic metals. Check with your pharmacist for advice on which supplements to choose. It is better to take calcium in divided doses if you are taking supplements in excess of 500 mg. For example, two 500 mg. calcium supplements taken at different meals are better than one 1,000 mg. tablet.

Reference: Nutrient Value of Some Common Foods, Health and Welfare
Food Values of Portions Commonly Used, Pennington Church

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