

# 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](http://www.southeastdairy.org).

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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.

