



June is Dairy Month Facts and Myths about Milk

Raise a glass of ice cold milk and toast the dairy farmers of Vermont who make it possible to enjoy an abundance of fresh dairy products—milk, yogurt, and cheese—every day! Three servings of dairy foods provide calcium plus eight additional nutrients that are linked to bone health and blood pressure benefits.

Much information is available about all these health benefits of milk and dairy foods. There are also some **myths** about milk which can often contain misinformation and can lead to confusion. Here are some **Milk Myths**:

Milk Myth # 1: Drinking milk causes mucus.

For years some have claimed that milk causes mucus formation, although studies on this topic have failed to demonstrate any effect of milk on mucus production. Many people confuse the temporary, slight thickening of saliva after drinking milk with mucus. There is no scientific research showing that milk produces mucus in the airways or the throat.

Milk Myth # 2: Drinking milk causes kidney stones.

Contrary to popular belief, milk consumption does not lead to development of kidney stones. A four-year study in men aged 40-75 found that those who had a calcium rich diet had a 34% lower risk of kidney stones. It is important to drink lots of fluids every day—6-8 cups of a variety of beverages---to decrease the risk of kidney stones.

Milk Myth # 3: Fat-free milk is just watered-down whole milk.

Fat-free milk is made by skimming off the fat—no water is added. A cup of fat-free or skim milk contains comparable amounts of protein, calcium, phosphorous and other key nutrients found in higher fat milks, and is usually fortified with vitamins A and D.

Milk Myth # 4: Organic milk is healthier than regular milk.

Both types of milk are equally nutritious. It is the process that makes milk organic, not the final product. Organic milk is the milk from cows that have been fed only organic feed, are kept in pens with adequate space, are allowed outdoors periodically, and are not treated with synthetic hormones or given certain medications. Organic and regular milk contain the same unique package of nutrients that make dairy products an important part of a healthy diet.

All milk is tested for antibiotics and must comply with very stringent safety standards. Milk is among the most highly regulated and safest foods.

Celebrate June is Dairy Month with milk, cheese, yogurt, ice cream; choose from regular or lowfat varieties.

Adapted from Dairy Council of California information

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