

The Truth About Milk

Milk may be one item you'll find in almost every fridge but despite it being an Aussie staple, milk is surprisingly misunderstood

Fiction: Milk is a source of calcium only for young kids

Truth: Milk is a great source of calcium for everyone

Fiction: The older you get the less milk you need to drink

Truth: Teenagers need two to three times more calcium than younger children. This is because they're building bone mass three times more rapidly during the teenage growth spurt years.

Fiction: Children need to drink full fat milk

Truth: Full fat milk is only required by children under two

Fiction: Children need to drink full fat milk

Truth: Full fat dairy milk and cheese are ranked as the greatest sources of saturated fat in the Australian diet

Fiction: Children need to be 10 years or older to switch to reduced fat milk

Truth: Reduced fat varieties of milk are ideal for the whole family once the kids are over two

Fiction: Full cream milk has more calcium than reduced fat or skim milk

Truth: Reducing fat in milk does not result in reduced calcium
Skim milk has slightly more calcium per serve than full cream milk

Skim milk vs. Full fat milk – 310mg vs. 285 mg.

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Fiction: Only littlies need milk

Truth: Milk and other dairy foods are among our richest source of available calcium so they remain important throughout our lives

Fiction: Teenagers do not need many dairy products

Truth: Australian guidelines recommend three to five serves per day of reduced fat milk or dairy for 12 – 18 year olds. One serve equals 1 cup milk or 2 slices of cheese or 1 small carton (200g) of yoghurt.

MOO! MILK

Fiction: Younger children need the most dairy products

Truth: Australian guidelines recommend two to three serves needed for younger children.

Fiction: Most children drink enough milk every day.

Truth: 92% of teenagers do not drink milk on a daily basis

Fiction: Most children drink enough milk every day.

Truth: 66% of 4-11 year olds do not drink milk on a daily basis.

Fiction: All milks drinks are good for you

Truth: The Tick on milk products or flavourings helps guide you to varieties that have met the Heart Foundation's tough standards for saturated fat and kilojoules. The Heart Foundation insisted they have at least 100mg of calcium per 100ml. **Not all low fat milks have a tick.**

Fiction: Sports drinks and soft drinks are better than flavoured milk

Truth: Plain milk is still the best choice but flavoured reduced fat milk is a better nutritional choice than sports drinks, soft drinks and 'energy drinks'.