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## **What's News in this Issue**

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### **3-A-Day of Dairy May Reduce Kidney Stone Risk**

Findings from the Nurses' Health Study II showed that the more calcium women got from food, the lower their risk of forming kidney stones. In this study, women who reported consuming the most calcium-rich foods (the equivalent of 3 or more servings of dairy each day) had the lowest risk of forming kidney stones over eight years. Conversely, researchers found that taking supplemental calcium did not have an impact on kidney stone formation. The authors note that although calcium from all food sources can be singled out as protective, “dairy products may be a source of some other, as yet unidentified, protective factor.”

Curhan, G. et al. Dietary factors and the risk of incident kidney stones in younger women: Nurses' Health Study II. *Archives of Internal Medicine*. 2004; 164:885-891.

### **Milk – The Healthy Punch**

In a study published in the *Journal of the American Dietetic Association*, dairy foods were shown to play a very important role in the overall nutrition quality of American's diets. Data from 17,959 individuals who responded to the most recent Continuing Survey of Food Intakes by Individuals (CSFII) showed that total dairy and milk intakes were associated with higher intakes of essential vitamins and minerals like calcium, magnesium, potassium, zinc, iron, vitamin A, riboflavin and folate. Moreover, those who ate more dairy did not have higher intakes of fat or

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dietary cholesterol. The data suggests that people who choose more dairy foods including milk make other nutrient-rich food choices which are also lower in fat. These results reinforce the strong nutritional quality of a dairy-rich diet.

Weinberg, LG, et al. Nutrient contributions of dairy foods in the United States, Continuing Survey of Food Intakes by Individuals, 1994-1996, 1998. *Journal of the American Dietetic Association*. 2004; 104:895-902.

### **“D” ficient Teens Need More Milk**

Researchers in Boston have found that teens are not getting enough vitamin D from the foods they eat. In a year-long study of more than 300 healthy teen boys and girls, nearly one quarter were found to be vitamin D deficient. Since childhood and adolescence is a time when vitamin D is critical for calcium absorption and bone growth, experts recommend that attention be paid to optimizing dietary vitamin D intake during these years. In this study, nutrition assessment and lab data showed that vitamin D levels increased with increased milk consumption. Milk’s impact on vitamin D levels is especially significant during the winter and spring months in northern climates when decreased exposure to sunlight slows the body’s ability to produce vitamin D. {Editor’s note: The number one source of vitamin D in the American diet is fortified milk.}

Gordon, C.M., et al. Prevalence of vitamin D deficiency among healthy adolescents. *Archives of Pediatrics & Adolescent Medicine*. 2004;158:531-537.

### **Milk May Help Keep Hearts Healthy**

A review of research has shown that drinking milk may reduce the risk of heart disease and stroke. Researchers examined ten previous studies (a total of 400,000 subjects) on heart disease that also tracked milk or dairy consumption. They found that people who drank the most milk, had the lowest incidence of heart disease and stroke. The authors of the study suggest that “drinking milk may be associated with a small but worthwhile reduction in heart disease and stroke risk.”

Elwood, PC, et al. Milk drinking, ischaemic heart disease and ischaemic stroke II. Evidence from cohort studies. *European Journal of Clinical Nutrition*, 2004; 58:718-724.

### **Dairy Foods Prove Functional Beyond Bones**

Milk has long been known for its bone building power and now a growing body of research shows that dairy foods may improve health beyond bones. An article recently published in *Nutrition Today* reviews the components of dairy foods from calcium to sphingolipids and their effect on everything from reducing cancer and high blood pressure risk, to enhancing immune function and weight management efforts. To read the entire article, go to <http://www.nationaldairycouncil.org/nutrition/reducing/00017285-200403000-00008.pdf>.

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**\*\*\*Fast Fact\*\*\***

**New Law Aims to Offer Students More Choices While Keeping Them Healthy at School**

President Bush recently signed the Child Nutrition Reauthorization Act, which strengthens school feeding programs and aims to improve students' health by mandating "wellness policies." New provisions ensure that kids' taste preferences are met by requiring schools to serve milk in a variety of fat contents and encouraging schools to offer flavored milk and lactose-free milk. The law permits schools to offer a substitute beverage, like lactose-free milk, in cases of lactose intolerance or other "special dietary needs" when requested by a parent. Moreover, the law prohibits any restrictions on the sale of milk on school grounds or at school events to counteract soft drink contracts that excluded vended milk. In addition, schools are required to write "wellness policies" to include nutrition guidelines for all foods available on campus by the 2006-07 school year and authorizes grants to states and/or schools to promote healthy school nutrition environments. For more information, visit the Legislative Action page at [www.asfsa.org](http://www.asfsa.org) (website for the American School Food Service Association).

**Cool & Tasty Treats for a Hot & Healthy Summer**

Parents can feel good about serving these nutrient-packed treats, and kids will enjoy the new twist on old favorites.

- **Cool Pops:** remove the lid of a 6-ounce yogurt container, add a wooden stick and freeze. For frosty push-up pops, freeze squeeze-tubes of yogurt.
- **Bugs for snacks:** alternate cheese cubes and bite-size pieces of fresh fruit a plastic skewer, add cherry stems or pretzel sticks for "antennas" and have a caterpillar snack.
- **Mix-up milk:** let kids create their own milk flavor by adding flavored gelatin powder and/or pudding to a glass of cold milk. Try vanilla pudding and orange gelatin for a "dreamy" drink.
- For more ideas, try the new 3-A-Day of Dairy Snackulator at [www.3aday.org](http://www.3aday.org). Answer the questions and the Snackulator will provide great recipes to fit your personal snacking style, as well as a chance to win free stuff.

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United Dairy Industry of Michigan is a local affiliate of the National Dairy Council. The National Dairy Council® was founded in 1915 and conducts nutrition education and nutrition research programs through national, state and regional Dairy Council organizations, on behalf of America's dairy farmers.

To schedule an interview, contact Karen Giles-Smith, United Dairy Industry of Michigan, 517-349-8480 x227.

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