

YOU'VE GOT  
**Questions**

WE'VE GOT  
**Answers**





QUESTION #1:

**Are we meant  
to drink**

**COW'S milk?**

**ANSWER:** Milk has been an important source of human nutrition for thousands of years in cultures across the globe. The health benefits of drinking milk have been well documented by decades of nutrition research and are backed by the nutrition and science community. It is also the leading source of nine essential nutrients in the diet, including calcium, vitamin D, and protein.



QUESTION #2:

**Can you get enough**  
**Calcium**  
**from other**  
**foods?**



**ANSWER:** Milk is the No. 1 food source of calcium in the American diet. Additionally, milk helps your body absorb calcium, vitamin D, potassium and magnesium for building stronger bones. Other naturally calcium-rich foods – such as spinach, kale and soybeans – contain oxalic and phytic acids, which limit your body's ability to absorb calcium.

QUESTION #3:

Is  
**COW's** milk  
the same as  
alternative "milk"  
beverages?



**ANSWER:** No. It's important to know that milk and non-dairy alternative beverages are not created equal. In fact, these beverages differ greatly in five key areas: nutrition, ingredient list, added sugar, price, and taste. Non-dairy alternative beverages vary in their nutrition profiles, are often fortified and their nutrition impact has not been fully studied.



QUESTION #4:

Does  
**whole milk**  
have a negative  
impact on heart  
health?



## **ANSWER:**

The Dietary Guidelines for Americans recommend limiting saturated fat intake, due to its link with heart disease and stroke risk related to increases in LDL-cholesterol. However, a growing body of evidence suggest not all saturated fats are the same. While more research is needed on the potential benefits of dairy fats, experts agree milk plays an important role in a healthy diet, in the overall context of the total diet, nutrients and calories.



QUESTION #5:

Does **milk**  
contain antibiotics?



**ANSWER:** No. Healthy animals are the foundation of a safe and abundant food supply. While it may sometimes be necessary to treat cows with antibiotics if they are ill, this milk is separated out to ensure it does not enter the milk supply. Milk is tested multiple times upon delivery at the dairy plant. Any milk that tests positive cannot be sold to the public and is safely discarded.



QUESTION #6:

**Does milk  
contain hormones?**



**ANSWER:** Hormones are naturally present in all foods, whether plant or animal, and are broken down during digestion. Milk contains tiny amounts of hormones – and extremely low amounts relative to the amount our bodies naturally produce.

Bovine Somatotropin (bST) is a protein hormone that cows naturally produce. Scientists have synthesized a copy of bST called recombinant bovine somatotropin (rbST) that dairy farmers may use to increase milk production. However, rbST is never added directly to milk. Health authorities such as the U.S. Food and Drug Administration (FDA) and the National Institute of Health (NIH) have determined that milk from cows treated with rbST is both nutritious and safe.

QUESTION #7:

**What's better-  
conventional,  
organic, or grass-fed**



**milk?**

**ANSWER:**

Regardless of your choice in the dairy case, you can be confident that that whichever milk you choose is wholesome and nutrient rich. Labels such as organic and grass-fed refer to the management practices on the farm where it originated and not on the nutritional quality of the milk or dairy product itself.



## QUESTION #8:

Does  
drinking **milk**  
cause mucus?



**ANSWER:** Research does not support an increase in the production of mucus or other cold-related symptoms as a result of consuming milk. The mucus myth likely stems from milk's creamy texture, which can leave a coating in the mouth and throat but does not cause mucus production. Avoiding milk and other dairy foods is not a recommended treatment for asthma, and there is no reason to avoid milk when you are sick with the common cold.

QUESTION #9:

**Do dairy  
farmers care  
about their  
cows?**



**ANSWER:** Yes. Dairy farmers' commitment to providing high-quality milk begins with taking good care of their cows. They constantly seek ways to improve the comfort and health of their animals by providing a nutritious diet, good medical care, and comfortable living conditions. Farmers work closely with on-farm veterinarians and cow nutritionists as taking care of their animals are paramount to the farm's success.

QUESTION #10:

**What is dairy's  
commitment to  
sustainability?**



**ANSWER:** Dairy farm families live on or near the land that they farm. Protecting the land, water and air around the farms for their families, surrounding communities and future generations is of utmost importance to them. Farmers work to protect the environment and strive to leave it in better condition for the next generation.

## **American Dairy Association North East**

represents dairy farm families throughout New York, New Jersey, Pennsylvania, Maryland, Delaware, and northern Virginia to implement programs that promote milk and dairy products in schools, retail outlets and other channels.

Our work includes programs that:

- **Deliver** nutrient-rich milk to those in need
- **Partner** with other local organizations to encourage kids to eat healthy and stay active
- **Promote** access to healthy meals like school breakfast and summer meals
- **Share** research and resources about how to incorporate dairy into a healthy diet



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