

Wake up to milk : whole milk, semi-skimmed, skimmed / produced by the National Dairy Council in association with the Health Education Authority and Heartbeat Wales.

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PRODUCED BY THE NATIONAL DAIRY COUNCIL
IN ASSOCIATION WITH THE HEALTH EDUCATION
AUTHORITY AND HEARTBEAT WALES

WAKE UP TO MILK

WHOLE MILK

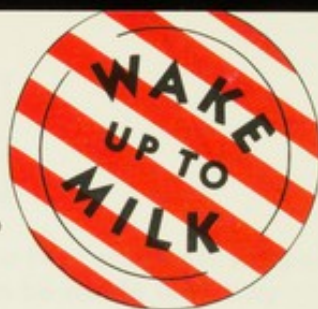
SEMI-SKIMMED

SKIMMED



WAKE UP TO MILK

It contains a unique combination of protein, vitamins and minerals including calcium. A daily glass can provide a useful amount of many of the nutrients you need. It can be drunk neat or be made into delicious cocktails; added to tea or coffee; poured on cereal; used as an ingredient in cooking; and it's delivered fresh to your doorstep.



If you did not know that this leaflet is about milk, you would probably be demanding to know what this fantastic liquid is. It is easy to forget what a wonderful thing milk is. It's a drink and a food all rolled into one, and it tastes delicious as a neat drink.



There are several types of milk. This leaflet gives information about the three main types - whole, semi-skimmed, and skimmed. As you will see, all of these contain significant amounts of a number of important nutrients. In particular they are an excellent source of calcium, which is important for building and maintaining healthy bones and teeth.

Whole, semi-skimmed and skimmed can all be used for drinking, in tea or coffee, on cereals or in cooking. And they are all delivered to the doorstep by your milkman, so you can be sure to 'Wake Up To Milk'!

WHOLE MILK

Many people regard whole milk (silver top) as the traditional milk. Nothing is added to any of the types of milk, but with whole milk nothing is taken away either. It has the same amount of fat as when it left the cow - around 3.9 per cent.

Some adults still prefer the taste of whole milk and the Department of Health advises that it should be used as a "staple dietary item" in the diet of children under five (see 'Milk for Children').

SEMI-SKIMMED MILK

Semi-skimmed milk has less than half the fat of whole milk (1.6 per cent) and less calories. This gives it a light, refreshing taste which many people now prefer. Although much of the cream has been removed, it contains nearly all the minerals and most of the vitamins of whole milk. The Health Education Authority and Heartbeat Wales recommend semi-skimmed milk as a healthy choice for all the family.

SKIMMED MILK

Skimmed milk has nearly all the fat removed and has about half the calories of whole milk. It is the ideal milk for slimmers because it still contains nearly all the other nutrients. The Health Education Authority and Heartbeat Wales believe it is important food to include in your calorie controlled diet.

MILK FOR CHILDREN

Different types of milk are suitable for children at different ages. This table gives the details:

Types of milk	0-6 months	6 months-1 year	1 year-2 years	2 years plus
Breast Milk	Suitable	Suitable	Not Normally Used	Not Normally Used
Infant	Suitable	Suitable	Not Normally Used	Not Normally Used
Follow-on Milks	Not Suitable	Suitable	Not Normally Used	Not Normally Used
Whole Milk	Not Suitable	Suitable with a diet, providing adequate sources of Vit D & Iron*	Suitable	Suitable
Semi-Skimmed Milk	Not Suitable	Not Suitable	Not Suitable	Suitable for children with a good appetite eating a wide range of foods
Skimmed**	Not Suitable	Not Suitable	Not Suitable	Not Suitable under five



* If in doubt ask your health visitor, doctor or local dietician for advice.

** Skimmed milk can be introduced after the age of five, but younger children do need the extra calories and vitamin A in whole or semi-skimmed milk.

Composition per pint:



	WHOLE MILK	SEMI-SKIMMED	SKIMMED
Energy (Kcal (Calories))	387	270	194
Total Fat (grams)	22.8 [3.9%]*	9.4 [1.6%]*	0.6 [0.1%]*
Of which Saturates (grams)#	14.1 [2.4%]*	5.9 [1.0%]*	0.4 [0.1%]*
Protein (grams)	18.7	19.4	19.4
Calcium (milligrams)	673	693	706

* This percentage is calculated on a weight basis i.e. grams per 100 grams of milk.

Most of the remainder of the fat in milk is made up of monounsaturates.

ALL MILK CONTAINS USEFUL AMOUNTS OF THESE VITAMINS AND MINERALS

VITAMINS	FUNCTIONS
Thiamin (B1)	Releasing energy from food, especially carbohydrates
Riboflavin (B2)	Releasing energy from food
Niacin	Releasing energy from food
Vitamin B6	For growth, blood formation, protection against infection, healthy skin & nerves
Vitamin B12	For healthy blood
Pantothenic Acid	Releasing energy
Vitamin C	For making collagen for maintaining body tissue cells, skin, blood vessels, bones & teeth.

Semi-skimmed and whole milk include useful amounts of vitamin A. Milk also makes a contribution to our requirements for a number of other vitamins.

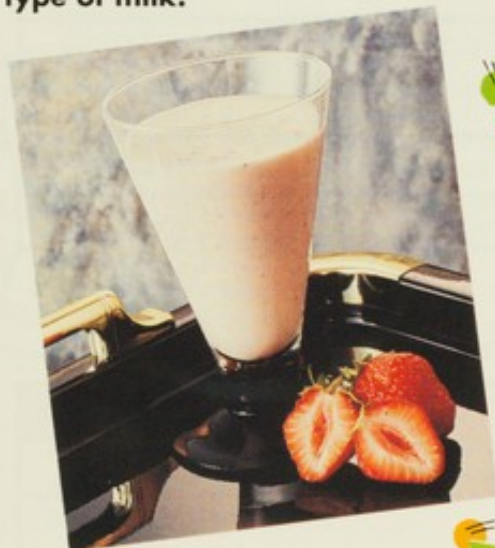
MINERALS	FUNCTIONS
Calcium	Healthy bones teeth, blood clotting, healthy muscles and nerves
Magnesium	Enzymes especially those involved in using energy in our food
Potassium	Fluid balance
Phosphorus	Using energy in food, a component of bones
Zinc	Bones, the body's defence system, taste, growth and healing of wounds
Iodine	Part of the thyroid hormones which regulate many body processes
Selenium	For the body's defence system

All these nutrients occur naturally in milk. A healthy, balanced diet including milk can provide all the essential nutrients without the need to take supplements.

For more information about milk send an A5 stamped address envelope to: Milk for Goodness Sake, National Dairy Council, 5-7 John Princes Street, London, W1M 0AP.

WAKE UP TO MILK SHAKES

Ice cold milk makes a great drink on its own, but when you have a few moments to spoil yourself why not try one of these delicious milk cocktails. They can be made with any type of milk.



STRAWBERRY DELIGHT

350ml (12fl oz) chilled milk.
2 X 150g (5oz) cartons of strawberry yogurt.
Fresh strawberries to decorate (if available)

Blend milk and yogurt in a liquidiser until well mixed. Pour into glasses and decorate with strawberries.

Serves 3 - 4



PEACH BLUSH

1 ripe peach, peeled and stone removed
300ml (1/2 pint) chilled milk
150g (5oz) carton peach melba yogurt
Dessert biscuits

Roughly chop the peach and liquidise to a puree. Add the milk and yogurt, whisk until mixed. Pour into glasses and serve with dessert biscuits.

Serves 2



PINEAPPLE TREAT

200g (7oz) can pineapple pieces or fresh pineapple.
150g (5oz) plain yogurt.
350ml (12fl oz) chilled milk.

Chop most of the pineapple, reserve a little to garnish. Put the pineapple, yogurt and milk in a blender and mix well.

Serve in tall glasses decorated with pineapple

Serves 2 - 3

