



NUTRITION TIPS

Why is the intake of Dairy Products good?



Some parents often ask if their children really need to take milk and other dairy products. The answer is yes. Dairy products provide a lot of nutrition. Milk, for instance, is a one-stop nutrition shop for children. Milk is the most practical way to put lots of nutrition benefits together in a convenient package for your child's diet.

This is why milk, such as Peak 123 growing up milk, contains nearly all the basic nutrients that a growing child needs - fats, carbohydrates, proteins, vitamins and minerals. Significantly milk and other dairy products are foods that children eat and drink willingly because they contain lots of good nutritional values.

Inadequate Intake of Dairy Foods

Dairy foods such as milk, cheese and yogurt are key components of meals and snacks recommended for healthy

child nutrition. These foods are the principal source of calcium and also provide protein, vitamin D and other vitamins and minerals needed for children's growth. Children's consumption of the Milk group foods need to be improved upon to meet the recommended daily intakes of dairy products.



In our society, children's milk intake declines with increasing age. There is specifically a decrease in milk consumption and increase in intake of beverages of low nutrient density, such as sugary drinks. Milk, cheese and yogurt are important components of child nutrition designed to help protect children from hunger, malnutrition and disorders such as poor bone health.

Lactose Intolerance

Lactose, the sugar in milk, is normally digested by the intestinal enzyme, lactase, which breaks down into glucose and galactose. Lactose intolerance is rare in infants, but more common as they get older. Some

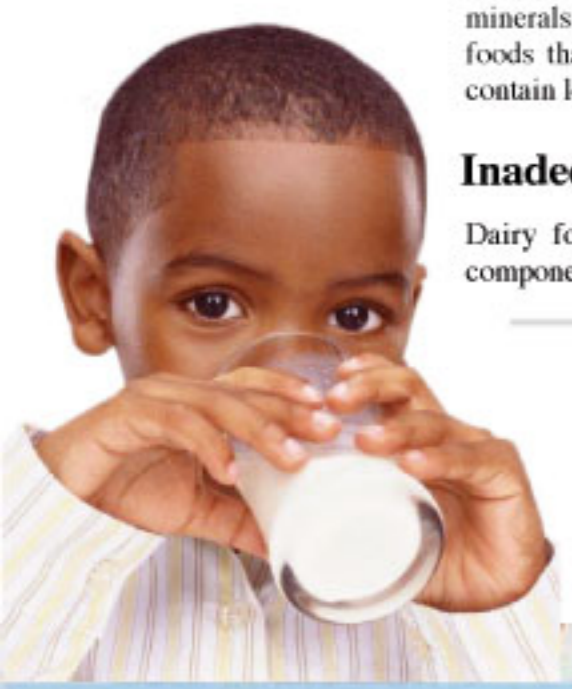
children and adults can tolerate one glass of milk, but not two or three; or they can only drink milk with a meal, but not separately on an empty stomach.

If you think your children are lactose intolerant, avoid giving them lactose containing dairy products for a couple of weeks and then gradually increase the amount every few days until you reach their tolerance.

Nutritional Benefits

Improved children's intake of dairy foods such as milk and yoghurt, contributes the most dairy food nutrients such calcium and protein per 100 kilo calories. These nutrients provide benefits such as - healthy bone and teeth development, prevents bones fractures in childhood, maximize peak bone mass in adolescence and reduce the risk of osteoporosis in later adult years.

Milk is a safe, nutritious and economical source of nutrients essential for children's development, and there are no effective alternatives. Dairy foods such as milk, cheese and yogurt are key components of meals and snacks recommended for healthy child nutrition.



* For more information on child nutrition

Visit the Olu Akinkugbe Foundation
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