



NUTRITION TIPS

The Importance of Milk in the Diet



Although milk is processed, it is not an engineered food. Milk is considered an ideal food because it contains most principles of a well balanced diet. Milk is about 87 percent water and 13 percent solids. The fat portion of milk contains fat soluble vitamins. Other nutrients in milk such as proteins, carbohydrates, water soluble vitamins, and minerals help make it nature's most nearly perfect food. Milk contains high quality proteins which constitute about 18 percent of the protein content of milk.

Protein is needed to build and repair body tissues and form antibodies which circulate in the blood and fight infection. Secondly phosphorus plays a role in calcium absorption and utilisation particularly in bone formation. Thirdly, milk provides vitamins which include vitamin B2, vitamin A and D for good eyes and skin.

Extra fortified Peak Milk: Benefits

All over the world, milk is considered as a complete and ideal food, therefore beneficial for children and adults. According to experts, children and adults should drink at least 3 glasses of milk per day, while teens should drink

even more.

Milk specifically contains most of the principles of a well-balanced diet. Important minerals in milk are calcium, phosphorus, sodium and potassium. Milk is one of the richest source of calcium which helps to build strong bones and teeth, good nerve function, muscles contraction and blood clotting.



Extra fortified Peak milk is good source of all aforementioned including iron, vitamins B12 and vitamin A for good vision and skin.

Extra Fortified Peak Milk for Strong Bodies

Extra fortified Peak milk contains much higher levels of calcium and vitamin D than other milk in the shops. These 2 nutrients help to increase bone density, keep it strong. For females who are prone to osteoporosis drinking 2 to 3 glasses of Peak milk a day may provide a simple inexpensive and effective way to slow or stop bone related bone loss.

What's more, it is important to exercise more and drink more milk. Exercise makes bones and muscles stronger and helps prevent bone loss. It also helps you stay alive and mobile.

Weight bearing exercises such as walking, jogging, playing tennis and dancing done at least 3 to 4 times a week are best for preventing osteoporosis which is a disease that weakens bones, increasing the risk of sudden fractures.

Extra Fortified Peak Milk for Sharper Minds

Drinking milk is one of the most natural ways to give your body the vitamins and minerals it needs to get through a hectic day. Three glasses per day of extra fortified Peak milk will provide along with calcium, 28 additional nutrients to help keep bodies strong and minds sharp.

Protein is important for a number of bodily functions vital to brain development and the growth of body tissues. Vitamin A maintains normal vision and skin. Vitamin B12 is essential for the growth and health of the nervous system. Potassium regulates body's fluid balance, blood pressure, muscle activity and contractions. Phosphorus helps generate energy and influences bone mineralization. Niacin keeps enzymes functioning normally and helps the body process sugars and fatty acids. Riboflavin, Thiamine or vitamin B1 are other nutrients that help the nervous system, brain function and growth.



* For more information on child nutrition

Visit the Olu Akinkugbe Foundation
Child Nutrition Centre

at
Friesland Foods WAMCO Nigeria PLC,
Plot 7b Acme Road, Ogba, Lagos.

Visiting Hours:
10:00 am - 12 noon and 2:00 pm - 3:30 pm.
(Mondays - Fridays)

E-mail: childnutritioncentre@frieslandfoods.com.ng

Tel: +234-01-2715111