

Investigating Your Health: Magnificent Milk

Name: _____

Objective: Investigate milk by comparing different kinds, researching important nutrients, and brainstorming ways to add key nutrients to your diet.

Along with cheese and yogurt, milk is in the dairy group. Unfortunately, most Americans do not drink or eat enough foods from the dairy group. It is recommended that you should eat or drink at least 3 cups of dairy products every day. However, whole milk is high in saturated fat, and when not consumed in moderation may cause heart disease and stroke. Therefore, you should choose low-fat or fat-free dairy products. The **calcium** found in milk and other dairy products is very important for your bones! Calcium helps your bones become strong. It is not only found in dairy products; some orange juice and cereals have added calcium, making them a good source too. To find out if they are a good source of calcium, you should read the label because not all cereals and orange juice have added calcium.

If you do not get enough calcium, you could develop osteoporosis later in life. **Osteoporosis** occurs when bones become weak and break easily. **Vitamin D** helps your bones absorb calcium. This vitamin can be found in fish such as salmon and tuna, and it's often added to milk.



Your body also makes Vitamin D from sunlight! **Phosphorus** is also an important nutrient for your bones. Phosphorus combines with calcium to build strong bones and teeth. Phosphorus can be found in meat, poultry, fish, dairy, nuts, and cereals. To build strong bones you need calcium, vitamin D, *and* phosphorus. Use the *Try This at Home* recipe to make a calcium-rich snack at home!

Comparing Milk Nutrients

Go to the grocery store and look at the Nutrition Facts labels for whole milk, reduced fat milk (2%), low-fat milk (1%), and fat-free milk. If you are unable to go to the grocery store, use the handout provided by your teacher or access the nutrient database on USDA's website: <http://ndb.nal.usda.gov/ndb/search/list>. Complete the table below.

	Whole Milk	Reduced Fat Milk	Low-fat Milk	Fat-Free Milk
Calories				
Total Fat				
Calcium				
Vitamin D				
Phosphorus				

1. Which milk is the best choice? Why?

2. Name 3 food sources for calcium, vitamin D, and phosphorus.

Calcium:

Vitamin D:

Phosphorus:

3. List 3 ways you can include bone-strengthening foods in your diet.

4. Plan 3 meals, including a snack, for 1 day that includes bone-strengthening foods in each.

	Meal	Bone-Strengthening Food(s)
Breakfast		
Lunch		
Dinner		
Snack		

5. In your own words, explain why you should include sources of calcium, Vitamin D, and phosphorus in your diet? (HINT: What body system is impacted?)