

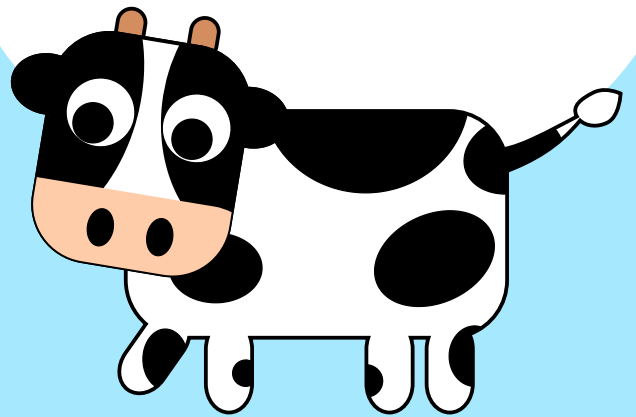
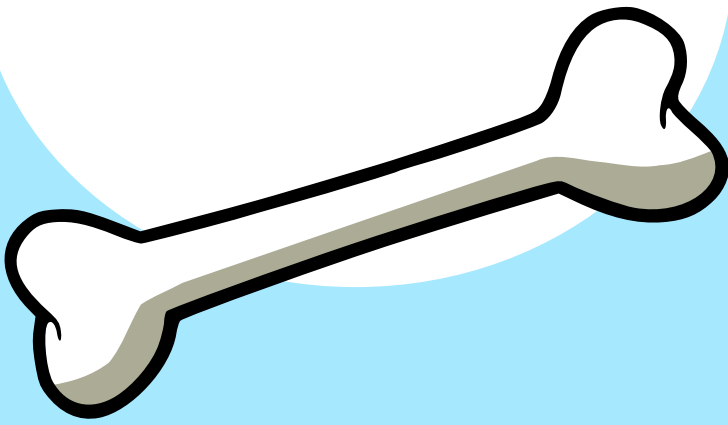
WHAT'S UP

WITH THE RELATIONSHIP BETWEEN

CALCIUM

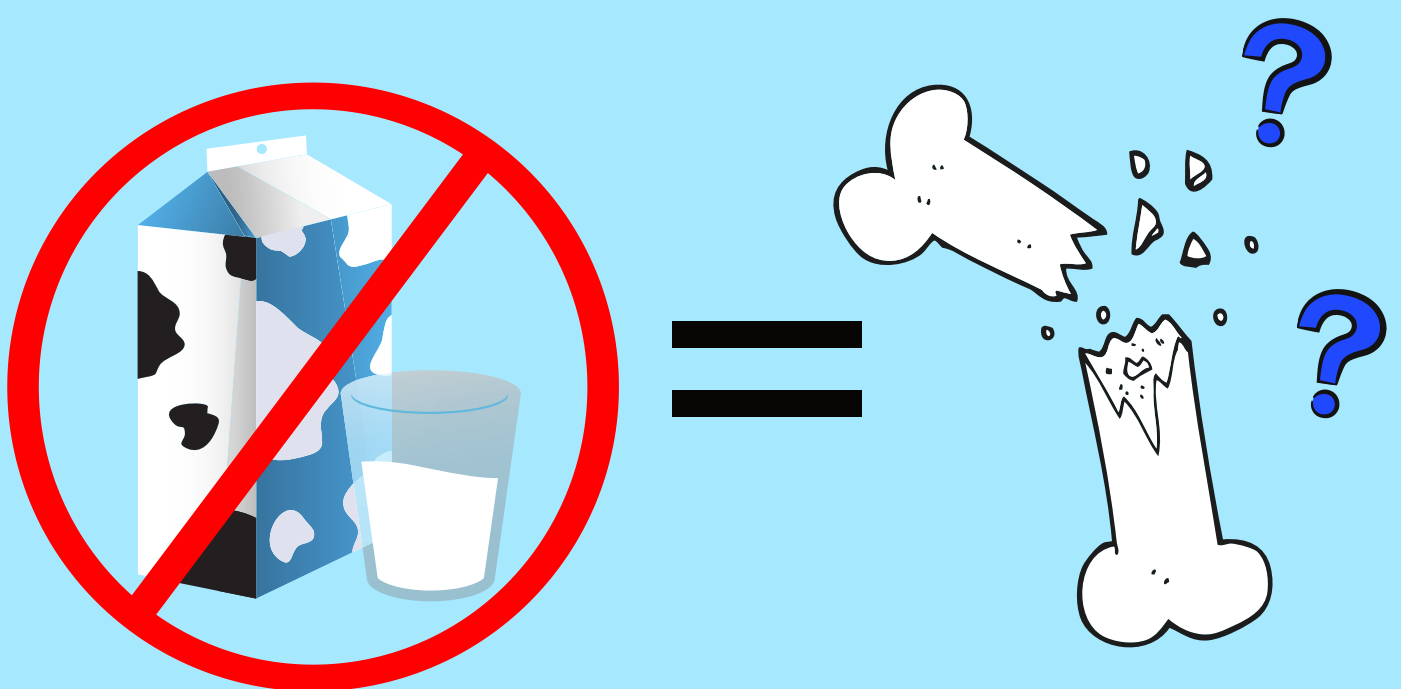
AND

MILK?



IS DRINKING COW'S MILK &
EATING DAIRY PRODUCTS THE
KEY TO HAVING STRONG BONES?

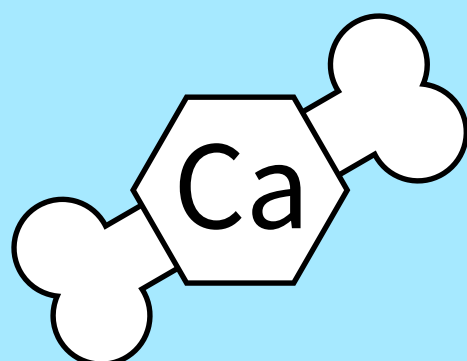
DOES EATING A DAIRY-FREE DIET PUT
YOU AT RISK FOR OSTEOPOROSIS?*



LET'S TAKE A LOOK AT SOME FACTS
AND GET TO THE BOTTOM OF THIS.

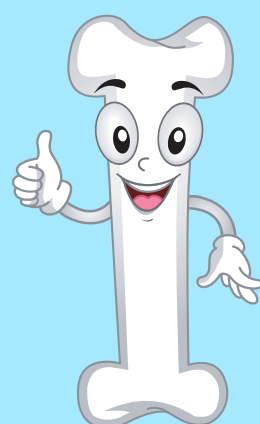
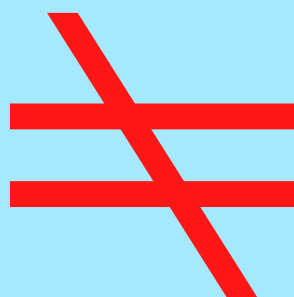
*OSTEOPOROSIS: A DISEASE THAT THINS AND WEAKENS
BONES, MAKING THEM FRAGILE & EASY TO BREAK

DAIRY IS HIGH IN CALCIUM



BUT

DAIRY CONSUMPTION DOES NOT
CAUSE STRONG BONES



BABIES USE
CALCIUM FROM
HUMAN BREAST MILK
OR FORMULA TO
GROW STRONG BONES.

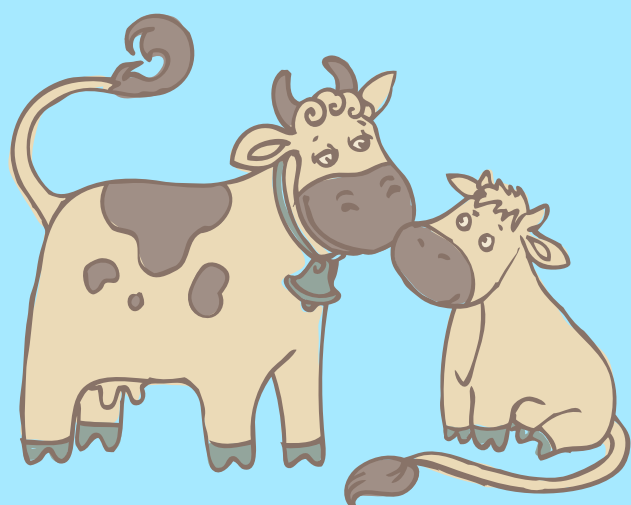
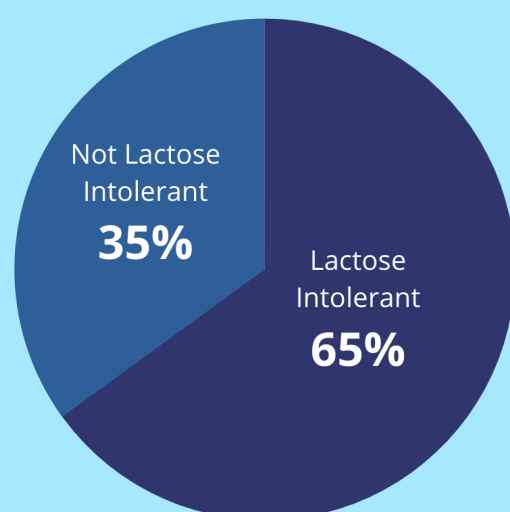


got milk?



MEDIA CAMPAIGNS
SUCH AS "GOT MILK?"
ENCOURAGE
HUMANS TO CONSUME
MILK FROM A COW,
EVEN AS ADULTS.

BUT THE MAJORITY
OF THE WORLD'S
POPULATION IS
LACTOSE INTOLERANT
AFTER INFANCY.



MOST HUMAN BODIES
ARE **NOT DESIGNED**
TO CONSUME THE
MOTHER'S MILK OF A
DIFFERENT SPECIES.

IF YOU ARE LACTOSE INTOLERANT,
DON'T LIKE DAIRY, OR DON'T WANT
TO CONSUME SATURATED FAT

YOU CAN STILL GET CALCIUM

HERE ARE A FEW IDEAS:



1 cup fortified
plant-based milk
≈ **350 mg**



8 oz fortified
orange juice
≈ **350 mg**



1 block
tofu
≈ **500 mg**



1 cooked cup
white beans
126 mg



1 cooked cup
collard greens
268 mg



1 cooked cup
spinach
245 mg



HEALTH TIP:



IF YOU FEEL THAT YOU DON'T EAT
MANY FOODS THAT CONTAIN CALCIUM,
CONSIDER TAKING A CALCIUM SUPPLEMENT
THAT HAS APPROXIMATELY **800 MG**.

(CALCIUM RECOMMENDED DAILY INTAKE: 1,000-1,200 MG)

HERE IS THE OFFICIAL DATA
FROM THE AFOREMENTIONED STUDY
ABOUT DAIRY INTAKE & HIP FRACTURES:

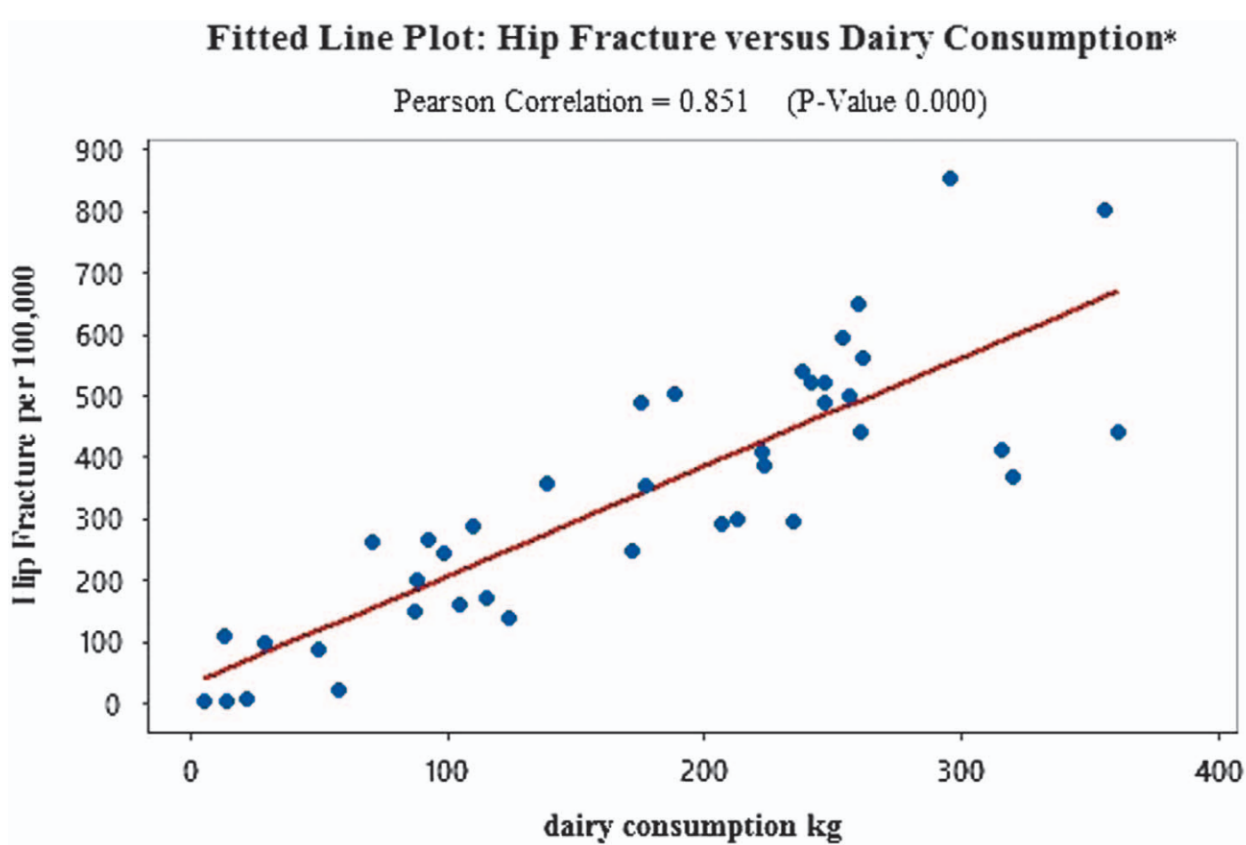


Figure 1. A Fitted line plot showing the correlation between hip fracture rates per 100,000 and dairy consumption, using data from 40 countries in Africa, Europe, Latin America, North America, Asia, and Oceania. From "Osteoporosis Linked to Emergence of Lactase Persistence Alleles" by C. Hillard, 2016, June, *BoneKEy Reports*, 5(803). Copyright 2016 by International Bone & Mineral Society.