

Dairy Trivia

1. Dairy consumption has been linked to an increased risk of the following cancers:

- a. Prostate
- b. Breast
- c. Lung
- d. Ovarian
- e. **All of the above.**

Evidence that a high consumption of dairy products is associated with an increased risk of prostate cancer, particularly its more aggressive and fatal types. Casein and whey protein in milk has the ability to turn on or turn off cancer cells.

<http://www.onegreenplanet.org/natural-health/casein-dairy-protein-and-your-health/>

2. What is the top source of artery clogging saturated fat in the American Diet?

- a. Beer
- b. Milk
- c. **Cheese**
- d. Hamburger Meat
- e. Eggs

They process milk to remove some of the fat and what do they do with the left over fat? Make CHEESE! And in WI we love our cheese. Which makes it so easy to consume that extra saturated fat because it is everywhere...pizza, casseroles, sprinkled on salad...

3. 2 % Milk contains about _____ mg calcium?

- a. 100 mg
- b. 200 mg
- c. **300 mg**
- d. 400 mg

While dairy products do contain calcium, they also contain animal proteins and growth factors, lactose sugar, occasional contaminants, and a substantial amount of fat and cholesterol (in all but the defatted versions), making them an unfavorable choice for obtaining calcium. Broccoli, Brussels sprouts, collards, kale, mustard greens, green cabbage, and other greens are loaded with highly absorbable calcium and a host of other healthful nutrients

4. True or **False**: Calcium from milk is necessary in the prevention of osteoporosis?

Animal protein—in fish, poultry, red meat, eggs, and dairy products— tends to encourage calcium's passage into the urine. This occurs because the high amounts of sulfur-containing amino acids in animal proteins cause an acidification of the blood, and calcium is released from the bones in order to neutralize it. Whether this leads to poorer bone health remains up for debate. However, plant protein—in beans, grains, and

vegetables—does not appear to have this effect. In fact, a 1994 report in the *American Journal of Clinical Nutrition* showed that when animal proteins were eliminated from the diet, calcium losses were cut in half.

In order to prevent osteoporosis you should exercise regularly, get great sources of Vit D from vegetables and sunlight.

Nutrients in Cow's Milk and Dairy Free Substitutes

	Cow's Milk (skim)	Cow's Milk (1%)	Cow's Milk (2%)	Cow's Milk (whole)	Soy Milk (plain)	Soy milk (vanilla)	Soy Milk (light)	Rice Milk (Rice Dream)	Almond Milk (Almond Breeze)	Almond Milk (Silk)	Coconut Milk (Silk)	Hemp Milk (Hemp Dream)
Serving size	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup
Calories	91	105	122	147	100	100	70	120	60	60	80	100
Fat (g)	0.7	2.5	4.9	8.1	4	3.5	2	2.5	2.5	2.5	5	6
Sat. Fat (g)	0.4	1.5	3.1	4.6	0.5	0.5	0	0	0	0	5	0.5
Chol (mg)	5	10	20	24	0	0	0	0	0	0	0	0
Sodium (mg)	130	127	100	98	120	95	120	80	150	150	30	110
Carbs (g)	12.3	12.3	12.5	12.9	8	10	8	23	8	8	7	9
Fiber (g)	0	0	0	0	1	1	1	0	1	1	0	0
Sugars (g)	12.3	12.3	12.4	12.9	6	7	6	10	7	7	6	6
Protein (g)	8.7	8.5	8.1	7.9	7	6	6	1	1	1	1	2
Calcium (mg)	316.2	313.7	286	276	300	300	300	300	200	450	450	300
Potassium (mg)	419.1	397	367	349.4	300	300	300	0	180	60	40	NA
Vitamin D (IU)	98	98	98	98	119	119	119	100	100	100	100	100

Nutrition information for cow's milk obtained from www.calorieking.com.

Nutrition information for Silk products obtained from www.silkissoy.com

Nutrition information for Hemp Dream and Rice Dream obtained from the [Hain-Celestial Group](http://Hain-Celestial.com)

5. 2 % Milk contains _____ gm saturated fat?
 - a. 0.4 gm
 - b. 2.5 gm
 - c. **3.1 gm**
 - d. 4.5 gm
6. Almond milk contains _____ gm saturated fat?
 - a. **0 gm**
 - b. 0.5 gm
 - c. 2 gm
 - d. 4 gm
7. What came first the chicken or the egg?
 - a. **Chicken**
 - b. **Egg**

Matter of opinion and thought it would be funny catch people's thoughts! Eggs technically are NOT considered DAIRY but they are an animal by product that can have affects on system for more reasons that just cholesterol content. Again, we want you to think differently about what you are eating. Let Food be Thy Medicine.

8. Two eggs contain approximately 3.3 gm of saturated fat and 400 mg cholesterol. How much does a BIG MAC contain?

- a. 20 gm saturated fat & 40 mg cholesterol.
- b. 10 gm saturated fat & 80 mg cholesterol.**
- c. 5 gm saturated fat & 110 mg cholesterol.
- d. 30 gm saturated fat & 120 mg cholesterol.

Here are the numbers: Two large eggs contain approximately 3.3 grams of saturated fat, which is approximately 20 percent of their calories. For reference, most health authorities recommend that no more than 10 percent of calories should come from saturated fat. That means that eggs push your diet in the wrong direction. They also hold roughly 400 milligrams of cholesterol. Pcrm.org

9. Other associated risks you have when consuming eggs are:
- a. Increase in Colon and Rectal Cancer
 - b. 79,000 cases of foodborne illness and 30 deaths each year are caused by eating eggs contaminated with *Salmonella*
 - c. Eggs can increase the risk of lethal prostate cancer by 81%.
 - d. All of the above.**

A case-control study done in Argentina found that people consuming approximately 1 1/2 eggs per week had nearly 5 times the colorectal cancer risk compared with individuals consuming less than 11 eggs per year. Pcrm.org

10. True or **False:** Eggs are necessary in baking to act as a leavening agent, binder, emulsifier, and add moisture.

It is true that eggs do have these properties however they are not necessary and there are several substitutions that will perform all of these roles when backing.

<http://chefinyou.com/articles/tips-to-successful-egg-substitution/>