

SCHOOL MILK

Dear Head teacher

PLEASE DO NOT OFFER MY CHILD _____ SCHOOL MILK

The Dairy Industry often sends glossy promotional materials to schools putting pressure on teachers to encourage children to drink milk. However, a growing body of scientific evidence links cow's milk to a large number of childhood illnesses:

- Cow's milk is the single biggest cause of allergies (eczema and asthma) in UK children.
- Allergic reactions to milk can lead to intestinal bleeding and iron-deficiency anaemia.
- Early exposure to cow's milk has been linked to type 1 diabetes.
- Cow's milk can cause ear infections.
- The growth hormone IGF-1 in milk is linked to an increased risk of childhood cancers.
- The hormones in milk have been linked to teenage acne.
- Dairy products contribute significant amounts of cholesterol, animal protein and saturated animal fat to the diet, increasing the risk of heart disease, obesity, type 2 diabetes and other degenerative diseases.

The Calcium Paradox

Cow's milk is promoted as the best source of calcium, important for growing bones. However, the research tells a different story:

- Across the world the highest consumers of milk suffer the highest levels of osteoporosis.
- Animal protein in milk can promote calcium loss from the bone leading to osteoporosis.
- Physical exercise is the most important factor for building strong bones.
- A recent review of 58 studies on milk published in the journal *Pediatrics* concluded that there is little evidence to support encouraging adolescents to drink more milk for the sake of bone health.

Most people in the world don't drink milk; over 70% of the world's population can't digest the sugar in milk as they are lactose intolerant. There are many healthier alternatives including water, soya milk and fruit juice that I am happy for my child to have.

I would ask you to look further at what the research shows by reading the Vegetarian & Vegan Foundation's (VVF) fully-referenced scientific review *White Lies* available for £5.00 from the VVF by phoning 0117 970 5190 or for free online at www.vegetarian.org.uk

Thanks in advance for your cooperation.

Yours sincerely