



### **Week 3: Feb. 14 - 20**

#### **Drinking Milk for Weight Loss**

Most any diet will result in weight loss. However, all too often when the diet is over, the weight returns. Lifestyle changes that promote healthy eating all the time are the key to losing weight and keeping it off. Healthy meal plans help reduce body weight while getting all the needed nutrients. This lesson focuses on the health benefits of low-fat milk and how to overcome all the reasons why you think you should not or cannot drink milk.

The DASH meal pattern, established by the National Institutes of Health as a way to lower blood pressure and cholesterol levels, may have health benefits, such as weight loss, that go beyond its stated purpose of lowering the risk of heart disease. The research points to disease-reduction benefits of increased consumption of fruits, vegetables and whole grains while using the DASH meal pattern. In addition to the produce intake, the meal plan suggests low-fat milk and other dairy products to aid in reduced blood pressure. Three servings of milk-based foods a day meet the daily calcium requirements.

Milk and dairy products are well known for making strong bones, but they can also help with weight loss. With an increased intake of one-percent-fat dairy foods, increased levels of calcium occur. It is not just the calcium that is important, but also how milk works with the other nutrients in foods. In fact, studies have shown that weight loss does not occur as well with a calcium pill as it does actual milk. The general consensus among the studies reviewed suggests that higher levels of calcium intake, particularly from low-fat sources, help to prevent fat storage and raise metabolism (the rate at which our bodies burn calories).

Many adults report they gave up drinking milk during their teen years. Some state this was an unconscious act as a result of having tea or cola offered instead of milk at home and in restaurants. Others thought milk was fattening, so they quit drinking it. There are many reasons adults don't drink milk or use dairy products every day.

Listed below are four common reasons, excuses and barriers for not drinking milk or using low-fat dairy products. Below these issues are reasons why these complaints do not measure up. As you read these statements, think of the ones that resonate with you. Then carefully consider the suggestion(s) listed below.

- Problem: "I don't like the taste."
  - Suggestions for overcoming this problem:
    - Eat cereal with milk; be sure to drink the milk from the bowl. There are many healthy cereals that offer vitamins and fiber. Cereal doesn't have to be only for breakfast; try using it as a snack. Add some fruit and use it as a meal replacement for those extremely busy days.
    - Use milk in soup. Some recipes call for water as a soup ingredient. Substituting skim milk instead of water is another way to drink more milk.

- Enjoy low-fat yogurt as a great little pick me up around three o'clock in the afternoon.
- Add flavor to skim milk. Don't just try chocolate or strawberry flavoring to modify the taste, add a small amount of coffee or use liquid flavorings such as almond, rum or vanilla.
- Problem: "Skim milk looks like water."
  - Suggestions for overcoming this problem:
    - Skim milk has been called "blue milk" and "water milk." While some individuals may be concerned that it is a different color, it is a very healthy choice. Companies, such as Barbers, are working to make the color closer to that of whole milk. An example is Nutrish A/B Milk, which features a richer color.
    - If drinking skim milk is out of the question, try cooking with it, such as using it in low-sugar puddings.
- Problem: "It upsets my stomach."
  - Suggestion for overcoming this problem:
    - There are special milk products, such as Barber's Plus ABC milk for those who are lactose intolerant. Any soy and or rice beverage would be appropriate for those with lactose intolerance. There are a lot of new soy and flavored soy beverages. Just be sure to read the label to make sure calcium is present.
- Problem: "Milk is expensive."
  - Suggestion for overcoming this problem:
    - Milk prices vary, but the average cost in fall of 2009 was \$3.50 to \$4.00 per gallon. There are 16 cups in a gallon. That means one cup of milk costs 25 cents. One 20 oz. cola averages \$1.38 or about 56 cents a cup.