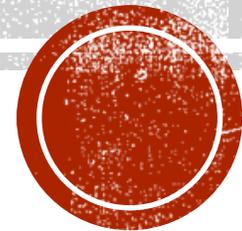


# MAGNESIUM MAGIC

The Importance of Milk



# WHY IS MILK SO IMPORTANT?

- Milk is a vital part of healthy growth and development in a child's life
- From an early age starting at birth, milk helps build strong bones
- The amount of protein found in milk contributes tremendously to building muscles
- The vitamins within milk also helps the development of teeth
- Milk helps hydrate the body immensely, even more so than water

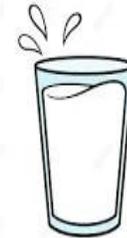
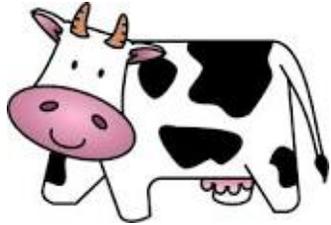


# THERE ARE MANY DIFFERENT TYPES OF MILK, HERE ARE SOME OF THE MOST COMMON KINDS

- Breastmilk
- Whole milk
- 2%
- 1%
- Lactose free
- Almond milk
- Soy milk



# HERE ARE THE DIFFERENCES BETWEEN EACH MILK AND THEIR HEALTH BENEFITS



# BREASTMILK

- Breastmilk is the doctor's preferred source of nutrition in a baby's first year of life
- White blood cells and stem cells help the development of organs
- The numerous amount of proteins, help activate their immune system and protect neurons in the brain
- All of the amino acids contribute to inducing your baby's sleep
- It naturally contains 200 sugars that work as prebiotics and prevent infections
- MicroRNA's help prevent disease from developing



# BREASTMILK (CONTINUED)

- The 40 enzymes found in breastmilk helps your baby's immune and digestive system
- Growth factors that secrete hormones positively develop the baby's body.
- The numerous hormones help the appetite as well as sleep patterns
- Antibodies help prevent illness and infections
- Fatty acids help develop the nervous system and your baby's eyes and brain



# FUN FACTS ABOUT BREASTMILK

- Breastmilk not only helps a baby internally but helps a baby on the outside because of its natural antibacterial properties
- It can cure a baby's eye infection
- It can help treat baby's acne and rashes
- It can heal an ear infection
- It can clear up scrapes and cuts



# WHOLE MILK

- Whole milk( 4% ) is recommended for children ages 1-2 to drink for it's nutritional value because of it's healthy fats which contribute to cell growth
- One glass of this milk holds
  - 30% calcium
  - 8 grams of protein
  - 24% vitamin D
  - 18% vitamin B12
  - 10% potassium
- It also contains a total of 12 essential vitamins and 8 minerals



# 2 %

- 2% milk is lower in calories but still contains a lot of fat, which is great for children
- One cup contains
  - 8 grams of protein
  - 26% vitamin D
  - 19 % vitamin B12
  - 29% calcium
  - 23% phosphorus
  - 10% potassium



# 1% MILK

- 1% is a great choice for children, teens, and adults. Although it contains way less amounts of fat, it contains much more calcium
- One cup contains
  - 10% vitamin A
  - 32% vitamin D
  - 27% riboflavin
  - 19% vitamin B12
  - 29% calcium
  - 23% phosphorus
  - 10% potassium
  - 12% selenium



# LACTOSE FREE MILK

- Many people are lactose intolerant, and regular milk is not an option for them to consume. Lactaid protein whole milk is a great alternative
- One glass contains
  - 11% total fat and 27% saturated
  - 15% vitamin D
  - 35% calcium
  - 8% potassium
  - 10% vitamin A
  - 80% vitamin B12
  - 25% phosphorus



# ALMOND MILK

- Whether its due to dietary, medical or allergy reasons, or just a preference, almond milk is a nutritious alternative to cow's milk
- A glass of almond milk contains
  - 5% potassium
  - 10% vitamin A
  - 45% calcium
  - 25% vitamin D
  - 50% vitamin E
  - 4% magnesium



# SOY MILK

- Soy milk is another good alternative to cow's milk. Soybeans are a good source protein and potassium
- One glass contains
  - 8% potassium
  - 16% protein
  - 6% calcium
  - 10% Vitamin B-6
  - 15% magnesium



# FUN FACTS ABOUT MILK

- Milk helps soothe your mouth from spicy foods
- Milk helps shine patent leather
- Milk can remove ink stains on clothes if soaked in it
- Milk proteins can repair cracks in fine china
- Milk helps treat eczema
- Milk can aid bad sunburns
- Milk can naturally fertilize a garden



# SUMMARY

In conclusion, milk is a great contribution to your health. With just one glass, you can consume so many nutrients which are vital to your body's development. Depending on your age and needs, there is the perfect milk for you. Regardless of what milk you choose, your body will be thanking you.

