

The goodness of milk



by Hanlie du Plessis

Milk is one of mankind's oldest, most delicious, wholesome and essential foods. It is one of the only two natural foods (the other is honey) produced only for the purpose of feeding the body. All female mammals can produce milk to feed their young. The milk we use comes from cows.

Why is milk so important in our diet?

Milk is delicious and packed with high quality protein that can be easily digested. It also contains lots of important vitamins and minerals. Milk is also the most important source of calcium in the diets of most people. Very few other foods have this much calcium that can be taken up and used by the body.

Why is calcium important in the diet?

- Calcium is needed to help build and maintain strong bones and teeth in children and adults
- It plays an important role in the working of the muscles and helps maintain a normal heartbeat
- It helps to regulate blood clotting which is necessary for wound healing
- Calcium is needed for the proper functioning of the nervous system
- Calcium helps to regulate blood pressure
- Calcium also helps the body to build immunity against illness.

How much milk must one drink to get enough calcium?

- Children 1-3 years must drink three glasses of milk per day
- Children 4-8 years must drink four glasses of milk per day
- Teenagers and pregnant women need to drink four glasses of milk per day
- Adults under 50 years must have three glasses of milk per day
- Adults over 50 years must drink four glasses of milk per day.

Recent research has shown that drinking milk has many health benefits. It helps to reduce your risk of high blood pressure, osteoporosis and certain cancers. It helps to keep your weight steady, and improves your whole body's nutritional status. It can even help you to sleep better.

Did you know?

- Cows produce milk from the food they eat and the water they drink
- A cow needs 65 litres of water per day and can produce the same amount of milk each day
- Cow feed with a high nutritional value improves the quality of the milk
- A cow's milk production becomes less if it is too hot or too cold
- A happy and healthy cow gives us more milk. **UM**

Milk is good

Melk is goed vir jou | Ubisi lukulungele | Ubisi lukulungele | Lebese le ho loketse



- Milk contains lots of protein, vitamins and minerals.
- Melk bevat baie proteiene, vitamienes en minerale.
- Ubisi luneaaproteyini, iivithamin neeminerale ezaneleyo.
- Ubisi luneaakhimzimba ezibizwa ngamaphrotheni amaningi, amavithamini kanye namaminerali
- Lebese le na le diprotheine, divithamine le diminerale tse ngata.

- The **calcium** in milk is important for building strong bones and teeth, for functioning of the muscles and normal heartbeat, blood clotting and wound healing, the nervous system, regulation of blood pressure and a good immune system.
- Die **kalsium** in melk is belangrik vir die opbou van sterk bene en tande, die funksionering van die spiere en normale hartklop, bloedklontvorming en genesing van wonde, die senuweestelsel, regulering van bloeddruk en 'n goeie immuunstelsel.
- **Ikhalsiyam** efumaneka elubisini inomsebenzi obalulekileyo wokomeleza amathambo namazinyo, ukusebenza kwezihlunu nokubetha kwentliziyo, ukuqina kwegazi nokuphila kwamanxeba, ijelo lezivamvo, ukuthomalalisa uxinzelelo lwegazi nemo eluqilima yokhuseleko lomzimba.
- **Ikhalsiyami** esobisini ibalulekile ukwakha amathambo aqinile kanye namazinyo, ukusebenza kwemisipha kanye nokushaya okwejwayelekile kwenhliziyo, ukubophana kwegazi kanye nokuphola kwesilonda, uhlelo lwemizwa, ukulawuleka komfutho wegazi kanye nohlelo lwamasosha omzimba.
- **Calcium e** lebeseng ke ya bohlokwa bakeng sa ho haha masapo le meno a matla, tshebeto ya mesifa le ho otlala ha pelo ka tsela e tlwaelihleng, ho hlweba ha madi le ho phekoela ha maqeba, methapokutlo, taolo ya kगतello ya madi le boitshireletso bo botle ba mmele.

for you



How many glasses of milk should you drink each day?

Small children: 3

Children of 4-8 years: 4

Teenagers and pregnant women: 4

Adults: 3

Adults over 50 years: 4

Hoeveel glase melk moet jy elke dag drink?

Jong kinders: 3

Kinders van 4-8 jaar: 4

Tieners en swanger vroue: 4

Volwassenes: 3

Volwassenes ouer as 50 jaar: 4

Zingaphi iiglassi zobisi ekufuneka uzisele ngemini?

Abantwana abaselula: iiglassi ezi-3

Abantwana abaminyaka mi-4 ukuya kwesi-8: iiglassi ezi-4

Abantwana abafikisayo nabasetyhini abakhulelweyo: iiglassi ezi-4

Abantu abadala: iiglassi ezi-3

Abantu abadala abaminyaka ingaphaya kwama-50: iiglassi ezi-4

Zingaki izingilazi zobisi okufanele uziphuze ngosuku?

Izingane ezincane: 3

Izingane zeminyaka engu-4-8 ubudala: 4

Intsha kanye nabesifazane

abakhulelwe: 4

Abadala: 3

Abadala ngaphezu kweminyaka engu-50

ubudala: 4

Ke dikgalase tse kae tsa lebeso

tseo o lokelang

ho di nwa letsatsi le leng le le

leng?

Bana ba banyenyane: 3

Bana ba dilemo tse 4-8: 4

Batjha le baimana: 4

Batho ba baholo: 3

Batho ba baholo ba ka hodimo

ho dilemo tse 50: 4 **UM**

