

# The role of dairy in childhood development (Part 2)

Children of all ages can benefit from milk and other dairy products. In the March 2009 edition, we looked at how much milk a growing child should drink every day. In this edition, we look at why children should use full-cream dairy products and what the health benefits of these products are.

## Brain development

Dairy, especially full-cream milk, cheese, yoghurt and butter, contribute greatly to a child's daily Omega 3 and Omega 6 requirements. Omega 3 and 6 are poly-unsaturated fatty acids that are very important for the development of the brain in small children. Other good sources of Omega 3 is oily fish such as sardines, as well as certain types of vegetable oils. Omega 6 is also found in raw nuts, seeds and unsaturated vegetable oils.

## Vitamins for general development

Dairy is a very good source of vitamins A, D, E and K. These vitamins are all known to be fat-soluble and are present in higher amounts in the cream layer of milk. If the milk is skimmed (fat reduced), some of these vitamins are also reduced.

- **Vitamin A** helps to keep body cells healthy, ensures a normal immune function, assists in the development of normal sight (vision) and helps with proper growth and development.
- **Vitamin D** is normally obtained from the sun, but often people do not get enough sunlight. Milk is an ideal way to obtain sufficient amounts of vitamin D. The vitamin regulates the absorption of phosphorus and calcium, which are important for bone growth.
- **Vitamin E** is an anti-oxidant, which means that it helps the body to fight so-called "free radicals" which can damage body cells.
- **Vitamin K** is very important in regulating blood clotting. Without vitamin K, even a small cut would continue to bleed and could cause death. Vitamin K is also involved in bone metabolism.

## The role of fat

- Health specialists advise parents that children over the age of 2 years, should receive at least 20% (one fifth) of their total daily energy, from dietary fat.
- Parents should not limit fat for infants or children younger than 2 years of age.
- School children up to the age of 18 years can benefit from dairy products such as full-cream milk, yoghurt, butter and cheese.
- Another great benefit of milk fat, is that it gives dairy products their smooth taste and appearance. This "smooth" consistency is often much more acceptable to children.

(Adapted from: *Rediscover Dairy*, Milk SA, February 2009) 

# Dairy in childhood development (Part 2)

## Cream and milk fat is a good source for:

- Energy.
- Vitamins A, D, E and K.
- Omega 3 & 6 for brain development.

Children may use full-cream milk, cheese, yoghurt and butter.



## Suiwel en kinderontwikkeling (Deel 2)

### Room en melkvet is 'n goeie bron van:

- Energie.
- Vitamiene A, D, E en K.
- Omega 3 & 6 vir breinontwikkeling.

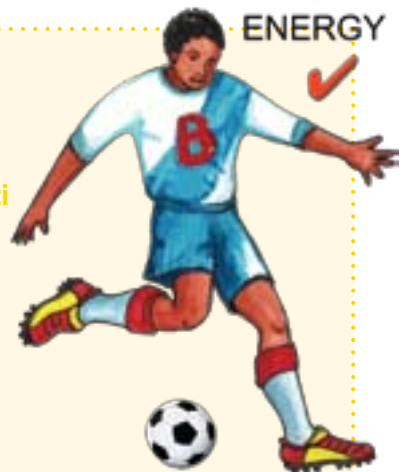
Kinders kan volroom melk, kaas, jogurt en botter eet.

## limveliso zobisi ekukhuleni komntwana (Icandelo lesi-2)

### Ikhrimu namafutha obisi ziphetha kakhulu ezi zinto:

- Amandla.
- Iivithamini A, D, E noK.
- I-Omega 3 no6 ezikhulisa ingqondo.

Abantwana bangasebenzisa ubisi olunekhrimu epheleleyo, itshizi, iyogathi nebhatha.





## Ubisi (dairy) ngesikhathi sokukhula kwasebuntwaneni (Ingxenywe 2)

**Ukhilimu namafutha obisi kuwumthombo omuhle kakhulu walokhu:**


- Amandla.
- Amavithamini A, D, E no-K.
- I-Omega 3 & 6 yokwakha ubuchopho.

Abantwana bangalusebenzisa ubisi olunokhilimu, ushizi, iyogathi nebhotela.

## Dihlahiswa tsa lebese kgolong ya ngwana (Karolo ya 2)

**Lebejana le mafura a lebese ke mohlodi o molemo wa:**

- Matla.
- Divithamini A, D, E and K.
- Omega 3 ke 6 bakeng sa kgolo ya boko.

Bana ba ka sebedisa lebese le nang le lebejana le feletseng, tjhisi, yogati le botoro. 

Omega 3 & 6 for good brain development

