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## Glass of milk not the best drink for good health

DC | Luna Dewan | 16th Jan 2013

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Drinking a glass of milk is supposed to give a healthy start to a child's day, but it is not the perfect food that people think it is, claims Dr Nandita Shah, founder, Sanctuary for Health and Reconnection to Animals and Nature (SHARAN), an NGO.

"People drink milk in the belief that this protein and calcium-rich drink is essential for bone health, but like all animal protein, milk breaks down into amino acids and is acid yielding.

"This triggers an outflow of calcium from the bones to neutralise the acid, leading to calcium deficiency," she told the media in Bangalore on Tuesday, also noting that 65 per cent of the milk available in the country is adulterated.

"As cows eat at garbage dumps and consume plastic, their milk contains polychlorinated biphenyl, an organic pollutant which causes cancer in animals and humans. Cows are milked while pregnant and this hormone rich milk promotes breast and prostate cancers," Dr Shah warned.

Interestingly, a 12-year long Harvard Nurses' Health Study found that those who consumed the most calcium from dairy foods, broke more bones than those who did not. Also, a seven-year long study by the Indian Council of Medical Research (ICMR) found that on an average, milk contains about 5.7 mg/kg of hexachlorocyclohexane (HCH), a commercial insecticide that is harmful to health.

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Sonal Chowdhary (not verified) on Fri, 2013-01-18 08:29

actly! I've been dairy free for one year now and am in perfect health. Calcium and protein are abundantly available in most veggies, fruits and nuts. Sesame seeds and Moringa leaves have 14 times the calcium of milk and are also rich sources of iron and protein. Choosing vegetables, nuts and seeds as sources of calcium and protein rather than milk means you can avoid all the saturated fats & cholesterol and at the same time also get more fiber from your diet.

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