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Milk Bulletin



Milk after exercise is better than water or sports drinks

Milk rehydrates better than water

Many children reach for a sports drink or water to rehydrate after vigorous exercise; however, drinking an ice-cold glass of milk has been found to be more effective beverage choice to counter dehydration, according to new research conducted at McMaster University.

For the study, the team asked a group of children between the ages of 8 and 10 to exercise in a climate chamber. They were then given a drink before researchers measured their level of hydration. They found milk helped replace sodium lost in sweat, helped the body retain fluid better, and provided protein needed that is critical for muscle development and growth.

"Children become dehydrated during exercise, and it's important they get enough fluids, particularly before going into a second round of a game. Milk is

better than either a sports drink or water because it is a source of high-quality protein, carbohydrates, calcium and electrolytes," said Brian Timmons, research director of the Child Health and Exercise Medicine Program and principle investigator of the study.

The researchers noted active children and adults usually don't drink enough to stay hydrated during exercise, so they often have a "hydration disadvantage" when they start their next period of exercise.

A person measuring one per cent dehydration can experience a 15 per cent decrease in performance, with an increased heart rate, core temperature and less stamina.

More significant dehydration comes with an increased risk of heat-related illness such as heat stroke.

Industry News & Views

Canadian cheesemakers score highly against international competition

Dairy Farmers of Canada (DFC) has extended congratulations to all Canadian cheesemakers who participated in this year's American Cheese Society (ACS) Conference and Competition held in Montreal.

Louis D'or, a firm, organic, cheese produced by Fromagerie du Presbytère in Quebec, placed third overall in the Best of Show. Louis D'or continues its award-winning run in 2011—earlier in the year, it was judged Grand Champion at the Canadian Cheese Grand Prix.

Many Canadian cheeses were category winners.

"I want to congratulate the cheesemakers at Fromagerie Du Presbytère and all the other cheesemakers who took home awards at the American Cheese Society Competition," says Ian MacDonald, DFC's national director of nutrition and marketing. "I am very pleased to see our Canadian cheesemakers doing so well in this North American competition and sharing their talent and passion with the world. This success should broaden the interest in and demand for Canadian cheese in the U.S."

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Dairy Farmers of Ontario operates as a non-profit marketing co-operative representing and totally financed by all the dairy farmers of the province.

Research finds yogurt can lower risk of heart attacks and stroke

Yogurt good for your heart

Recent studies have shown that eating yogurt could help you maintain your weight over a long period and now a new study suggests yogurt and other low-fat milk products can also help lower your blood pressure.

According to Statistics Canada, one in five Canadians has high blood pressure, a condition that can cause heart attack, stroke, heart failure and kidney damage. A diet rich in milk products and fruits and vegetables could help treat mild hypertension or prevent it among those at risk.

A recent U.S. study published in *Circulation: Journal of the American Heart Association*, found increasing protein intake, from foods such as milk, could help lower systolic blood pressure. Systolic is the top number on a blood pressure reading.

Just over 350 adults with high-normal blood pressure or mild hypertension were asked to consume 40 grams of low-fat protein supplements derived from either milk or soy or a refined carbohydrate supplementation over an eight-week period. Soy protein and milk protein significantly lowered systolic blood pressure, compared with the carbohydrate supplement. Systolic blood pressure measures the pressure when the heart contracts.

For some, this could mean the difference between maintaining a healthy systolic blood pressure level and having high blood pressure. The researchers said it could mean a six per cent drop in stroke deaths and a four per cent drop in heart attack deaths.

Earlier studies have shown milk protein contains enzymes and amino acids that help lower blood pressure.

Milk will improve nutrition in Ontario middle schools

Greenbelt funding will help get milk and dairy products introduced for the first time in many Ontario middle schools.

Dairy Farmers of Canada and Dairy Farmers of Ontario recently received a \$100,000 grant from the Greenbelt Fund to help deliver dairy products to 40 Ontario middle schools.

The Dairy Nutrition Centre pilot project will allow DFC to install vending machines equipped with individual milk servings, Hans Dairy yogurt drinks made with Ontario dairy and fruit, Ontario cheese and cracker packets, baby carrots, sliced apples and apple and pear juices. All foods offered in the Dairy Nutrition Centres will qualify for the province's new school food and beverage policy.

DFC and DFO are also contributing funds to the project, since milk and chocolate milk will now be available at all times in middle schools.

As part of the program, 4-H Ontario members will visit participating schools to talk with students about the importance of local food, seasonality and sustainable agricultural practices.

