



# All Milk is Safe and Healthy

## Milk is delicious and nutritious – it is good for you and your family

- Delicious high quality milk comes from dairy producers who continuously provide proven management and technology to healthy well fed dairy cows.
- A serving of skim or low-fat milk has fewer calories than juice or soda pop while providing more calcium and protein. It also provides 9 essential vitamins and minerals.
- Milk plays a role in reducing risk of colon cancer, dental disease, hypertension, obesity and osteoporosis.
- The healthy fatty acid, conjugated linolenic acid or CLA, which is found naturally in milk, plays a role in preventing many serious cancers including breast cancer.
- Three servings of dairy products each day can promote healthy weight loss in a reduced calorie diet.

## Milk moves safely from the dairy farm to your refrigerator

- All U.S. dairy products meet strict safety requirements, set by the Food and Drug Administration (FDA) and U.S. Department of Agriculture (USDA) – making them some of the safest foods available.
- Milk is tested repeatedly before it reaches the dairy case to ensure it meets or exceeds FDA and USDA requirements for safety, purity and quality. These tests begin right on the farm and continue throughout the processing of milk and other dairy products.
- Whatever type of milk or other dairy products you choose, they will be safe for you and your family.

## All milk is safe and healthy

- Organic? Antibiotic-free? Hormone-free? Pesticide-free? With so many claims on milk labels today, it can be difficult to decide which milk is the right milk – relax, all milk and dairy products are equally safe to consume with similar nutrient content.
- Organic? The fact is there is no difference in the milk. It's the production practices on the farm that are different.
- Antibiotic-free? Antibiotics are never added to milk and all milk is tested to ensure that no antibiotics are present in milk.
- Hormone-free? All milk contains hormones as part of a cow's natural biology. There is no hormone free milk.
- Pesticide-free? Pesticides are never added to milk!



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**A Safe, Affordable and Sustainable Food Supply Requires Technology.**

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*Reference - Hammond, B. G., The food safety assessment of bovine somatotropin (bST), in Food Safety of Proteins In Agricultural Biotechnology, Hammond, B. G., Ed., CRC Press, New York, NY, 2008, pp. 167-208.*

- <http://www.cdc.gov/nchs/about/otheract/hp2000/foodsafety/foodsafety.htm>

- <http://www.cfsan.fda.gov/~ear/prime.html>

- <http://www.cgfi.org/>

- <http://www.nationaldairycouncil.org/NationalDairyCouncil>



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