

What's new... in **dairy** and eggs?

Issue #15 January 2012

Milk Myths Busted

Alberta Milk attends numerous consumer events every year and we are asked many of the same questions. In this edition, we will give you the truth about many "milk myths".

Is Milk full of added hormones?

No, The use of artificial growth hormones, such as recombinant bovine somatotropine (rbST) is not legal in Canada therefore is not permitted for use in dairy cows.

Is chocolate milk as good for you as white milk?

Yes, chocolate milk has the same 16 essential nutrients as white milk, including key bone-building nutrients such as calcium, phosphorus, magnesium, protein, vitamin A and vitamin D. Many consumers are concerned that chocolate milk has too much added sugar and caffeine. Depending on which brand you choose, chocolate milk has 12 g of naturally occurring sugar called lactose and the remainder is added. How much is added varies by brand and could be from about two to four teaspoons (eight to sixteen grams). The amount of caffeine in one cup of chocolate milk is equivalent to a cup of decaffeinated coffee.

Is organic milk healthier than conventional milk?

Both organic and conventional milk are healthy choices. They each have the same 16 essential nutrients and both comply with food safety regulations, which include pasteurization. The difference between the two is that organic milk is produced by cows that are fed organically grown feed by a certified organic producer who complies with the *Organic Products Regulations* that are enforced by Canadian Food Inspection Agency.

Is lactose intolerance the same as a milk allergy?

Lactose intolerance is a food sensitivity. Lactose, the sugar found in milk and dairy products, requires an enzyme called lactase to digest or break it down so that our bodies can absorb it. If an individual does not produce enough lactase, then lactose malabsorption occurs causing abdominal pain, bloating, diarrhea, nausea and flatulence.

A milk allergy is an overreaction of the immune response to the proteins in milk. Symptoms may range from hives, skin rash, eczema, diarrhea or constipation, nasal congestion, coughing, wheezing and vomiting.

Featured Dairy Recipe

Really, Really Easy chocolate Raspberry Mousse

Prep time: 10 Mins | Cooking time: 3 mins

1 bar (3.5 oz)	bittersweet (dark) chocolate, 100 g broken into small pieces	
1 cup	35% whipping cream	250 mL
2 tbsp	granulated sugar	30 mL
1 tsp	vanilla	5 mL
1-1/2 cups	frozen raspberries, thawed and drained, divided	375 mL

1. In a small heatproof bowl set over a saucepan of simmering water, heat 1/4 cup (50 mL) of the cream, stirring often, until steaming.
2. Remove bowl from pan and stir in chocolate until melted and smooth (return it over the pan of hot water if it doesn't all melt being careful not to overheat it).
3. In a chilled bowl, using an electric mixer, whip remaining cream until soft peaks form. Beat in sugar and vanilla just until stiff peaks form.
4. Fold one-quarter of the whipped cream into chocolate mixture then fold back into the remaining whipped cream. Fold in two-thirds of the raspberries.
5. Spoon into serving dishes and top with remaining raspberries.

Serve immediately or refrigerate for up to 8 hours.
Yields: 4 to 6 servings

Recipe courtesy of **Dairy Farmers of Canada**

Watch the video: www.dairygoodness.ca/recipes/really-really-easy-chocolate-raspberry-mousse

Resources: Alberta Milk has a number of free or low cost resources, like the *Milk Nutrients Poster and Activity Sheet*, for you at: moreaboutmilk.com/resources.aspx
Check out more easy, tasty and healthy recipes at our blog: easytastyhealthy.ca or website moreaboutmilk.ca
Watch our "how to" videos found at <http://www.moreaboutmilk.com/recipes.aspx>

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What's new ... in dairy and eggs ?

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Myth #1: Eggs are unhealthy because they are high in cholesterol.

Fact: Eggs are low in saturated fats and do not contain any trans fat. The dietary cholesterol in eggs has very little effect on blood cholesterol. It's the amount of saturated and trans fats in your diet that increases your blood cholesterol levels and puts you at risk for serious health problems.

Myth #2: Eating eggs will increase your risk of heart disease or stroke.

Fact: Major clinical studies have shown there is no relationship between egg consumption and an increased risk of heart disease or stroke. Canadian eggs meet all the criteria of the Canadian Heart and Stroke Foundation's Health Check™ program.

Myth #3: Eggs are only good for you because of the protein they provide.

Fact: Eggs are sometimes called "functional food" because they deliver health benefits that go beyond basic nutrition. In addition to protein, eggs contain 13 other key nutrients, including calcium for strong bones and teeth, and choline for brain development and function.

Myth #4: Eating only egg whites is a healthier choice.

Fact: Most of the nutrients found in eggs, including half of the protein, are found in the egg's yolk. If you don't eat the yolk, you'll be missing out on many of the egg's nutritional benefits.

Contact us for more ideas on intergrating eggs into your classroom: info@eggs.ab.ca.

Featured Egg Recipe Fluffy Pancakes

³ / ₄ cup	all-purpose flour	175 mL
¹ / ₄ cup	cornstarch	50 mL
2 tbsp	wheat or oat bran or wheat germ (optional)	30 mL
1 tbsp	granulated sugar	15 mL
¹ / ₂ tsp	baking powder	7 mL
¹ / ₂ tsp	baking soda	2 mL
¹ / ₄ tsp	salt	1 mL
2	eggs	2
1 cup	sour 2 % milk* or buttermilk	250 mL
2 tbsp	vegetable oil	30 mL
¹ / ₂ tsp	vanilla	2 mL
	Cooking spray	
	Fresh berries or fruit (optional)	
	Syrup (optional)	

Mix together flour, cornstarch, bran (if using), sugar, baking powder, baking soda and salt in large bowl. **Whisk** together eggs, milk, oil and vanilla in small bowl. Stir egg mixture into dry ingredients just until combined. **Spray** large non-stick skillet with cooking spray. Place over medium-high heat. **Spoon** about ¹/₄ cup (50 mL) batter per pancake into pan, spreading batter slightly. **Cook** until bubbles appear on surface; about 2 minutes. Turn and cook until lightly browned on second side; about 1 minute. **Serve** immediately or keep warm until serving time. Continue with remaining batter. **Top** with fresh berries or fruit, and syrup, if desired.

Makes: 9 pancakes Preparation: 10 minutes Cooking: 15 minutes

TIP: For a quick breakfast, prepare pancakes in advance, freeze and re-heat in the microwave

Nutrients per serving

Calories: 120
Fat: 5 g
Saturated: 1 g + *trans*: 0 g
Sodium: 210 mg
Carbohydrates: 15 g
Fibre: 1 g
Sugars: 3 g
Protein: 4 g



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