

October, 2019

## Paragon Orthopedic Center Grants Pass, Oregon



### What is in that milk?

The choices you have for milk seem to be increasing as new foods are tapped to be made into drinkable forms. Which one is best for you is dependent upon your reason(s) for drinking it. According to the reputable Mayo Clinic, nonfat cow's milk is the optimal all-around choice, but some cannot digest cow's milk, or don't want to drink animal milk. Are you looking for a low-fat choice, a high-calcium drink, or need to gain weight? All would be different reasons to make your best decision. Take a look at the chart below provided by usnews.com in July of this year.

Here's a breakdown of nutrients in the most popular milk choices, per 8-ounce serving:

TYPE	CALORIES	TOTAL FAT	SATURATED FAT	PROTEIN	SUGAR	% CALCIUM	% VITAMIN D
<b>-Whole Milk</b>	150	8	5	8	12	30	25
<b>-Nonfat Milk</b>	90	0	0	8	12	30	25
<b>-Original Soy</b>	110	4.5	0.5	8	6	45	30
<b>-Unsweetened Soy</b>	80	4	0.5	7	1	30	30
<b>-Original Almond</b>	60	2.5	0	1	7	45	25
<b>-Unsweetened Almond</b>	30	2.5	0	1	0	45	25
<b>-Original Rice</b>	120	2.5	0	1	10	30	25
<b>-Unsweetened Rice</b>	90	2.5	0	<1	<1	30	25
<b>-Original Coconut</b>	70	4.5	4	0	7	10	30
<b>-Unsweetened Coconut</b>	45	4.5	4	0	0	10	30
<b>-Original Cashew</b>	60	2.5	0	<1	7	45	25
<b>-Unsweetened Cashew</b>	25	2	0	<1	0	45	25

You can see at a glance how different some of these milks are. The main components to focus on are: calories, fats, added sugar, and protein. The chart doesn't provide the details about types of sugars, which can be found by reading the nutrition label. The sugar in cow's milk is lactose, a natural milk sugar, versus the added sugars in other milks. Whole cow's milk contains saturated fat, which can be avoided by drinking non-fat milk. Reading about your milk's nutrition can also tell you how processed it is. Our bodies are able to get the most nutrients out of minimally processed foods, so check for preservatives, which tend to indicate more processing. Cow's milk naturally has calcium, making it the easiest to absorb. Paragon Orthopedics is always concerned about patients getting enough dietary calcium for strong bone health. Read your carton's nutrition facts to make sure the brand you choose has enough calcium (1000mg/day for most adults), or that you are taking a calcium supplement that contains Vitamin D.

The following articles were referenced for this newsletter:

<https://health.usnews.com/wellness/food/articles/which-type-of-milk-is-healthiest>

<https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-q-and-a-dairy-milk-soy-milk-almond-milk-which-is-the-healthiest-choice-for-you/>