

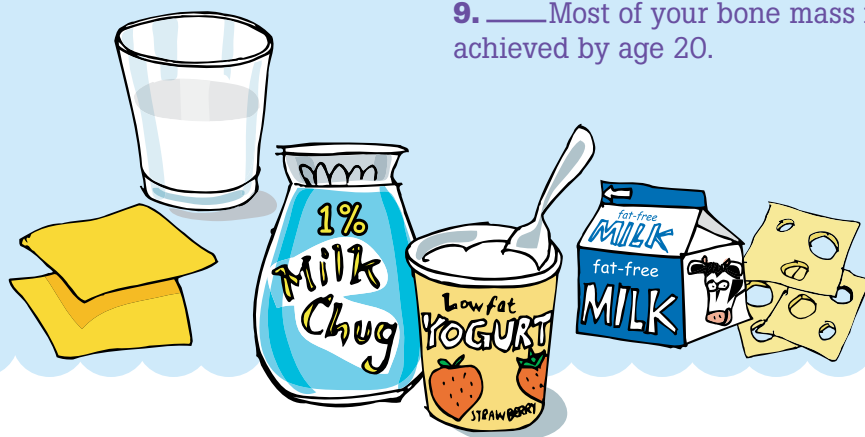
TEST YOUR MILK GROUP IQ

Consuming fat-free and lowfat milk and milk products provides health benefits—people who have a diet rich in milk and milk products can reduce the risk of low bone

mass. Foods in the milk group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, and protein. Fortified milk also provides vitamin D.

True or False:

1. ____ You need foods from the milk group throughout your life, not just when you're young.
2. ____ A diet low in milk products may increase your risk of osteoporosis and hypertension.
3. ____ Supplements are the best way to get the calcium you need each day.
4. ____ Adults need 3 cups of lowfat, or fat-free milk, or their equivalent, each day.
5. ____ If you aren't getting enough calcium from your diet, your body will take what it needs from your muscles.
6. ____ Fat-free milk has less calcium than regular whole milk.
7. ____ Calcium-fortified beverages like orange juice and soy beverages are in the milk group, too.
8. ____ If you are lactose intolerant, you can't consume any milk products.
9. ____ Most of your bone mass is achieved by age 20.



Answers on page 36

Have Problems with Milk?

If you are lactose intolerant, the following tips may be helpful:

- Drinking milk with other foods, rather than on an empty stomach, may help.
- You may also want to try lactose-reduced or lactose-free milk found in the dairy case in most supermarkets.
- Add lactase enzyme drops to regular milk to make it easier to digest, or look for dairy digestive supplements (lactase caplets) at your drugstore.
- Talk to your physician first—what you think is lactose intolerance could be something else.