

Group of doctors wants to ban milk from schools

By Laura Hibbard, Huffington Post

The Physicians Committee for Responsible Medicine, a national vegan and physician group based out of D.C., has filed a petition with the U.S. Department of Agriculture asking for milk to be banned from school lunches, according parenting site BabyCenter.

According to the report, PCRM claims that the beverage is “...high in sugar, high in fat and high in animal protein that is harmful to, rather than protective of, bone health.”

Despite the American Heart Association’s recommendation that children between ages 1 and 8 drink around two cups of reduced-fat milk a day, the PCRM asserts in its petition there are better ways for youngsters to get their calcium.

“Children can get the calcium they need from beans, green leafy vegetables (e.g., broccoli, kale, collard greens), tofu products, breads and cereals. Additionally, a wide variety of non-dairy, calcium-fortified beverages is available today including soy milk, rice milk and fruit juice, all of which provide greater health and nutritional benefits compared with dairy milk.”

Anne Goetze, a registered and licensed dietitian at the Oregon Dairy Products Commission, told the Capital Press that while calcium is available in other foods and beverages, it couples many other necessary vitamins as well.

Read the whole story