

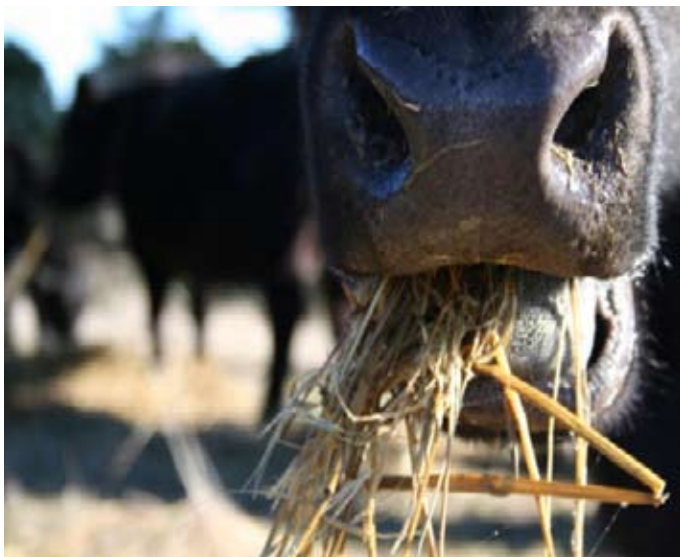
The Milk Tip

Being an informed consumer isn't easy these days. But don't worry- we did the research on this one! Use this quick guide to make informed decisions when buying milk and other dairy products for your family.

Types of Milk

Organic Milk:

- Organic dairy cows must be raised according to standards set by the United States Department of Agriculture's National Organic Program. Organic dairy cows may not be given antibiotics, or hormones (including recombinant Bovine Growth Hormone or rBGH.) Organic dairy cows must be given 100% organic feed, which cannot be subjected to irradiation, chemical pesticides, genetic engineering, or have been treated with sewage sludge as fertilizer. Cows have to be raised from birth using these practices.
- Unfortunately, some milk producers have been taking advantage of consumers' willingness to pay more for organic milk have been cutting corners, such as confining animals and providing only meager access to pasture. There s an organic dairy ratings guide at: http://cornucopia.org/index.php/dairy_brand_ratings/



rBGH Milk:

- Recombinant Bovine Growth Hormone is a controversial, genetically engineered artificial hormone, which is injected into cows to increase milk production.
- Any dairy products that are not organic could have been produced by cows that received rBGH.
- Also known as recombinant Bovine Somatotropin (rBST) and marketed by the Monsanto Company as Posilac, it is injected into roughly 20% of U.S. dairy cattle.
- rBGH is banned in Canada, the European Union, Australia, New Zealand, and Japan because of its adverse health effects on cows and its unknown health effects on humans.

rBGH-free or rBST-free Milk:

- LOOK FOR: organic dairy brands or brands labeled rBGH-free or rBST-free to avoid this artificial hormone.
- Non-organic rBGH-free milk can be a cheaper alternative to buying certified organic milk. (See our Artificial Hormone-free Guide for more details.)

Pasteurized Milk:

- Named after scientist, Louis Pasteur, pasteurization is the process in which milk is heated to destroy any harmful microorganisms and limit fermentation. Almost all milk, organic or conventional, is pasteurized.

Raw Milk:

- Unpasteurized (raw) milk cannot be sold in most of the United States due to public health concerns, although some groups do believe that raw milk is healthier than pasteurized milk because pasteurization breaks down vitamins and enzymes. In some states it is possible to buy milk directly from the farmer.

Questions on Milk:

What is Bovine Growth Hormone?

- A naturally occurring hormone in cattle that regulates growth and milk production.
- May also be produced by genetic engineering and injected into cows to increase milk production.
- Bovine growth hormone may also be called bovine somatotropin (bST).
- The artificial version of the hormone (rBGH) is linked to increased antibiotic use in cows and may be linked to higher rates of cancer in humans.

What is MPC or “Milk Protein Concentrate”?

- MPC is the byproduct that remains after milk is broken down and its more valuable components (fat, whey, etc) are taken out.
- Controversial because it is mostly imported and has not been tested for safety by the FDA.
- MPC is used as an ingredient in many processed foods such as energy bars and snack foods, as well as some dairy foods like processed cheese slices.

What is the Difference Between Milk From Grain-Fed and Grass-Fed Dairy Cows?

- Cows that are fed calorie-dense grains are able to produce more milk and bring in a higher profit.
- Cows that feed on grass produce milk that is higher in beneficial fatty acids.
- Additionally, grain-fed cows are associated with E. coli O157:h7 because grain-fed cows have more acidic digestive systems, creating an ideal environment for this deadly strain of E coli.



How Can I Learn More?

- To find rBGH-free dairy products in your state, check out our Artificial Hormone-free Guide at: <http://www.foodandwaterwatch.org/food/dairy/rbgh-free-guide>
- To see how organic dairy brands measure up, check out the Cornucopia Institute's Dairy Report and Scorecard at: http://cornucopia.org/index.php/dairy_brand_ratings/

Find out more about dairy, as well as how to take action, at: <http://www.foodandwaterwatch.org/food/dairy>



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