

MILK IS FOR BABIES

Small, family farms are the exception to the rule.

In reality, about 97% of animals raised for food in Canada, including dairy cows, live out their lives on huge factory farms. Much like humans, cows carry a single calf for 9 months. Kept pregnant on an almost constant basis, mother and calf are then cruelly separated soon after birth. Dairy cows, often kept under even worse conditions than beef cattle, are then slaughtered after a few years when milk production slows. The growing popularity of goats milk means that they are now being treated much the same. Please consider this: we have no physical need for milk after being weaned, and no one should come between a mother and her young.

A MENU FOR EVERYONE

Dairy is one of the most common food allergens in the world. In addition, approximately 70% of the world's population is lactose intolerant. Ingesting dairy products causes many people discomfort, and yet it shows up on most menus. By serving dairy-free options we ensure that all are welcome at the table.



GOT THE FACTS ON MILK?

For decades now, relentless advertising pushing dairy products as the primary source for calcium has been a huge success - for the dairy industry. However, the facts just don't measure up. Dairy intake does not correlate with bone strength as studies show that many countries with low dairy intake have lower levels of osteoporosis, and vice versa. In fact, not only does one cup of steamed collard greens contain as much calcium as one cup of cow's milk, the calcium is much more absorbable, and provide a rich source of antioxidants. These lean greens also contain zero fat, saturated or otherwise, and have a much more positive effect on obesity rates. The trouble is that the average vegetable just doesn't have a politically influential industry and lobby group to back it up. Luckily, many people are starting to wise-up. Kale is in, and big business telling us what to eat, is out.

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How To Get Your CALCIUM

From A Plant-based Diet



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A registered charity since 1992, we help people choose foods that benefit our health, the environment, and the lives of animals.



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Calcium & Magnesium (in milligrams)

Plant-based Food Source	Cal	Mag
Tofu, calcium-set (1/2 cup)	861	73
Soy Milk, unsweetened (1 cup)	299	152
Collard Greens (1 cup, steamed)	268	40
Soybeans / Edamame (1 cup)	261	108
Tempeh (1 cup)	184	134
White beans (1 cup)	161	113
Baked beans (1 cup)	128	82
Chick peas (1 cup, canned)	109	61
Oatmeal, instant (1 packet)	98	36
Broccoli (1 cup, boiled)	94	38
Kale (1 cup boiled)	94	23
Butternut Squash (1 cup, cooked)	84	60
Figs, dried (5 medium)	66	27
Black beans (1 cup canned)	62	33
Cows Milk 2% (1 cup)	286	27



A cup of soy milk is higher in calcium and magnesium than a cup of 2% cows milk, and also lower in fat and sugar.

RECOMMENDED DAILY AMOUNTS (HEALTH CANADA)

AGE	CALCIUM	VITAMIN D
Children	700-1000 mg	600 IU (15 mcg)
Teens/Adults	1000-1200 mg	600 IU (15 mcg)
Seniors	1200 mg	800 IU (20 mcg)

Health Canada recommends that total calcium intake should remain below the upper level to avoid possible adverse effects. Long-term intakes above the RDA increase the risk of health problems such as kidney stones. Keep in mind that the RDA is likely higher than necessary due to factoring in calcium loss from excess sodium and protein.

PROTECTING YOUR BONES

Reduce calcium loss by limiting sodium and protein

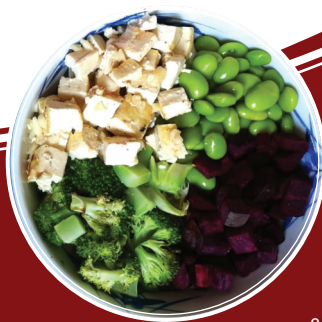
Sodium (salt) in the foods you eat can greatly increase calcium loss through the kidneys. **Avoid salty snack foods** and canned goods with added sodium (rinse canned beans well). It helps to limit chocolate, coffee, alcohol, and excess sweeteners as well. Many researchers have found that an **excessive intake of protein** may also increase calcium loss. On average, most North American diets are too high in protein, and mostly from animal sources. Getting your protein from plant-based sources makes it easy to avoid an excess of protein, plus these whole foods are naturally low in sodium, while being high in **vitamin C and K** that aid calcium absorption.

Get vitamin D from the sun or supplements

As well as providing many other benefits, **vitamin D** controls your body's use of calcium. About 15 minutes of warm sunlight on your skin each day normally produces all the vitamin D you need. If you get little or no sun exposure, you can get vitamin D from a supplement, or a variety of fortified foods.

Exercise, so calcium has somewhere to go

Exercise is important for many reasons, including keeping bones strong. Active people tend to keep calcium in their bones, while **sedentary people lose calcium**. It's true what they say - use it or lose it!



more readily available (check the label on lactose-free cheeses for milk ingredients like whey or casein). Choosing fortified, non-dairy options also ensures adequate intake of Vitamin D and B12.

References, recipes, and more at Earthsave.ca and the Physicians Committee for Responsible Medicine - PCRM.org



HEALTHY SOURCES OF CALCIUM

Get calcium from greens & beans

The most healthful calcium sources are green leafy vegetables and fibre-rich legumes. **Broccoli, brussels sprouts, collards, mustard greens and kale** are loaded with highly-absorbable calcium and a host of other healthful nutrients such as vitamin C. Most **beans** are excellent sources of calcium, and are also affordable, easy to find in grocery stores and easy to store too. **More plant-powered sources:** **Chickpeas** and **tofu** provide plenty of calcium, plus they also contain **magnesium**, which your body uses along with calcium to build bones. **An apple a day:** Although their calcium content is low, **apples** are one of the best dietary sources of **boron**, a mineral with high bone-building properties and an important part of an osteoporosis-prevention program.

IS DAIRY THE NEW RED MEAT?

For years we have understood that reducing red meat consumption is an important way to prevent disease, and tread lighter on the planet. Growing research now shows that avoiding dairy products may be just as important.

PLANT-BASED SOURCES OF CALCIUM

- > Greens
- > Beans
- > Tofu
- > Figs
- > Almonds
- > Fortified foods



HEALTHY BACTERIA

Despite all the hype surrounding yogurt, along with containing sugar and fat, most brands are pasturized, which destroys almost all helpful bacteria. Even the ones with added probiotics do not contain enough to have any real impact on gut health. Better options include miso, tempeh, natto, kombucha, sauerkraut, pickled ginger and micro algae. It also helps to remove added sugars from your diet.