

DFNS Board of Directors



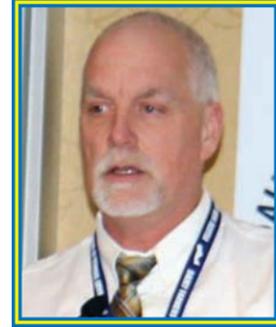
Front Row (l to r) Byron Lamb, Andrew McCurdy, Minister-Appointed Member Liz Crouse, Gerrit Damsteegt, Derick Canning; Back Row (l to r) David Bekkers, Dustin Swinkels, Greg Archibald, John Vißers, General Manager Brian Cameron.



Ron Maynard, producer/director from Dairy Farmers of PEI.



Richard van Oord, producer/director from Dairy Farmers of New Brunswick.



DFNS General Manager Brian Cameron took time during his report to congratulate producers for working hard to improve milk quality and udder health.



Melvin Foth, Chair of SaskMilk updates Nova Scotia producers on the New Entrant Program for Saskatchewan.

Get the Facts Straight!

By Linda Harrington

A team of Registered Dietitians at Dairy Farmers of Canada addressed some of the most common topics of confusion concerning milk products. These were published in "what's true? what's not? Get the real story about milk products" and are reproduced here in condensed form.

Is it true that it's unnatural for humans to drink the milk of another species?

Definitely not. Humans are omnivores, which means we naturally eat all sorts of different plant and animal foods. We drink milk and eat milk products because they are nutrient-dense foods that taste good and are readily available.

Is it true that pasteurizing milk destroys important nutrients?

Absolutely not! It only kills potentially harmful bacteria.

Is it true that organic milk is healthier than regular milk?

The answer is no, both organic and conventional milk give you the same 16 essential nutrients. And both are equally safe and wholesome.

Is it true that dairy cows are injected with growth hormones to increase their milk production?

No, it is not true. This is not permitted in Canada.

Is lactose intolerance similar to a milk allergy?

No, lactose intolerance and milk allergy are two very different conditions. Lactose intolerance is a digestive problem caused when you don't produce enough lactase. A milk allergy is an overreaction of the immune system to the protein in milk.

Is it true that cheese makes you constipated?

No, research doesn't show any association between eating cheese and greater constipation.

Is it true that drinking milk causes mucus when you have a cold?

The truth is there is no evidence that milk products increase cold symptoms.

Is it true that milk products are fattening?

It's quite the opposite. Studies show consuming 2-4 daily servings of milk products, as part of a low calorie diet, may actually prevent weight gain and even help you lose weight.

Is it true that our milk is full of antibiotics?

No, it's not. Canadian milk is produced according to some of the highest standards in the world. Milk from cows treated with antibiotics is disposed of for a mandatory withdrawal period.

If you have any questions about milk products visit:

www.dairygoodness.ca

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