

# The Source Mentor session-

## Dairy part 2

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### IN THIS MENTOR SESSION:

- Milk lovers, listen up - solutions on the way...

MENTOR SESSION 20

## The wait is over...



**Yes I know I left you hanging after the last session but, believe me, it was worth the wait!**

**At the end of this session you should know that:**

- That there are numerous replacements for bovine dairy.
- That many of these replacements are quite affordable.
- That with a little paradigm shift you'll realise that the 'smooth dairy taste' is replaceable!

## About babies

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### Infant feeding:

If you're not breastfeeding and you've decided to replace cow milk formula, then it's important to access as much information as possible and then make changes in consultation with your attending health care practitioner.



- 1) First try **Soya milk formulas** (studies have shown that children will grow normally on Soya milk formulas<sup>1</sup> and, if you can get hold of the Soya fibre-enhanced varieties, they will decrease regurgitation<sup>2</sup>).
- 2) Then try properly fortified **goat milk formulas** (studies have also shown that children will grow normally on goat milk formulas<sup>3</sup>).
- 3) Then try **rice milk** infant feeds (studies have shown that children will grow normally on rice milk formulas<sup>4</sup> and tolerate them very well<sup>5</sup>. See more about rice milk later in the session.).
- 4) Then try the **hypo allergenic cow milk** formulas.
- 5) If your child is very allergic to bovine proteins you may have to switch to the more expensive option of **hydrolysed milk protein formula**.

# Bring on the replacements!

## Rice milk

Rice milk is gaining popularity as a tasty alternative to cow milk and is widely available in food stores and health shops. Rice milk is ideal as a creamer for tea or coffee and can also be mixed with water to use over cereals. (Note: Make sure stable oils like palm fruit are used to add fat to these rice milk formulas)

### Infant feeds:

Studies have also been conducted on hydrolysed rice milk infant formulas that show them to be suitable alternatives for infants with cow milk- or multiple allergies. <sup>4,5</sup>  
(Remember that you can only give your baby rice milk as part of a tailor-made infant formula.)



## Soya milk



### Soya milk

News started doing the rounds recently that Soya is a dangerous food substance and should be avoided where possible.

At this stage I don't agree with this information because, according to recent scientific reviews, Soya is what we've always thought it to be - healthy! (I'll keep you up to date on this issue).

Soya is a handy replacement for cow milk. Just be aware of the fact that some people have allergies to Soya as well.

See the tasty Soya milk recipe at the end of the session.

## Oats

Oats milk is suitable as a 'general use' milk replacement and quite tasty at that!

### Important notes about powdered milk replacements.

Always read the label of a milk replacement!

Some manufacturers are taking shortcuts and producing not-so-healthy 'health' foods by adding some ingredients that you would rather want to avoid:

#### Here's some advice on some of those ingredients:

- 1) **Hydrogenated vegetable oils:** a BIG no-no!
- 2) **Vegetable fat from palm kernel oil:** Another no-no. Many times it only says vegetable fat on the label. Phone the manufacturer to find out exactly what's in their product (and let us know as well!).
- 3) **Vegetable oil:** Once again we have to ask **which** vegetable oil and what was done to this vegetable oil? Phone the manufacturer! (See the session on oils to refresh your memory on what shouldn't be done to oils).
- 4) **Dextrose:** Usually not a problem in smaller dosages but be aware of this if you're diabetic. (Especially if the product in question does not have a tested GI)
- 5) **Maltodextrin:** A high glycaemic index fibre. So once again if the product in question does not have a tested GI be aware of this if you're a diabetic.

Many milk replacements contain dextrose and maltodextrin and you may struggle to get around this. The rule is to use the product in small quantities and to combine it with other lower GI foods.

# Goat milk

Goat milk has increasingly become popular as an alternative for people who have allergies to cow milk.

## Some notes about goat milk:

- 1) The fat in goat milk is easier to digest.
- 2) The protein in goat milk is easily and rapidly digestible.
- 3) Goat milk contains only trace amounts of the allergenic 'casein' protein, alpha-S1, found in cow milk.
- 4) Goat milk contains slightly lower levels of lactose (4.1 percent versus 4.7 percent in cow milk).
- 5) Goat milk is deficient in folic acid and vitamin B12 and has to be fortified before considering it as an infant formula.

## Infant feeding:

You can successfully use goat milk as an infant feeding formula but be aware of the fortification that has to take place.<sup>3</sup>

Goat milk fortification recipes are widely available and usually contain the addition of folic acid, flax, olive oil and other ingredients.

It is VERY important to consult your doctor or pediatrician first before switching your infant to goat milk.



## Goat milk taste:

Goat milk, per se, is easier to stomach for younger children whereas adults have some difficulty getting used to the taste.

Goat milk yoghurt and cheeses are becoming more readily available and are quite tasty once the palate is re-trained.

## Nuts do it again!

### Almond milk:

This is a recipe that some of you might like.

Place 1-2 cups of almonds in 1-2 cups of water and soak overnight.

Blend the next morning for a few minutes including all the water that you soaked the nuts in.

Strain out the small almond pieces and use as a milk.

(You can experiment with the amount of water versus the amount of almonds.)



# More replacements!

## Ice cream

The dairy plus the preservatives in ice cream can be an allergenic combination of note!

If you struggle to eat ice cream then try tofu ice cream (but be careful of the amounts of sugar in these foods).

Also try home made iced lollies using fruit juice.



## Yoghurt

Cow milk yoghurt can be replaced with goat milk yoghurt or Soya yoghurt.

Soya yoghurt we've found is the least allergenic.

## Cream

Non-dairy creamers do exist just be careful of the levels of sugar in some of these!



## Cheese

As mentioned earlier goat milk cheeses are a good replacement for bovine dairy cheese.

If you want to eat cow milk cheese then make sure:

- 1) That the cheese contains no colourants.
- 2) That the cheese was made using raw milk from healthy, 'clean' cows.
- 3) That the cheese isn't highly processed.

## Feta cheese

The Greek people have been in a legal battle the last 20 years because they claim the word 'feta' should only be used to describe cheese that has been made in specific Greek regions using sheep milk. Apparently they've already won some legal battles.

Presently, the standard 'feta' we buy in supermarkets is usually made from cow milk.

In any case, it's always a good habit to read the ingredients label and know what you're consuming.

Feta is a Greek term describing cheese made from sheep milk



# What about my calcium then?!

**We get this question quite regularly and, yes, it's a good one.**

The rule with avoiding bovine dairy is that you need to follow a healthy diet that will supplement your calcium and mineral levels.

People who eat enough vegetables, fruit, grains, raw nuts and seeds will get enough calcium and several high quality (good) fats and proteins in the process. In a recent study it was also found that giving children at elementary school a calcium-enriched Soya drink as a dairy replacement provided a good source of dietary calcium.<sup>7</sup>

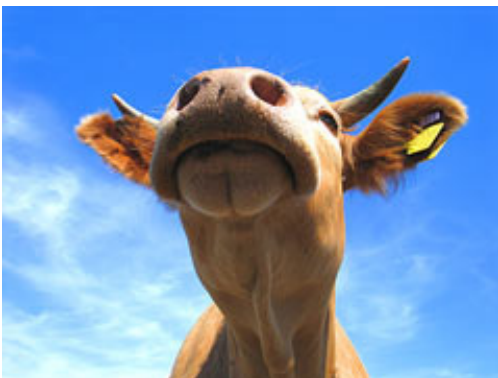
I also advise people (especially older women) to take a daily multi-nutrient supplement that, at the least, has the RDA levels of most vitamins and minerals.

**Remember that bone health is obtained through a balanced lifestyle which includes a combination of regular exercise and daily consumption of the right foods!**

We'll be dealing with bone health and calcium in more detail in sessions 31 and 32 of the mentoring programme. There we will also discuss why calcium supplements can be dangerous and what to do to ONLY get benefit from taking them.



## What about raw milk?



I'm adding this section because sooner or later it will probably be splashed as a headline story.

The University of London did a study where they tried to determine why 'milk drinking' farmers' children in the region of Shropshire in England have fewer allergy-related diseases like asthma and eczema.

In the study that included 4767 children they found that current unpasteurised milk consumption was associated with significantly less current eczema symptoms and a greater reduction in atopy (being prone to allergies)

Unpasteurised milk consumption was associated with a 59% reduction in total IgE levels, which are the antibodies largely responsible for allergies.

The reasons for this effect are not clear yet but some researchers speculate that it has to do with the proteins that occur in raw milk.

### NOTE:

**This study doesn't entirely change how we feel about bovine dairy! Do remember that:**

- Unpasteurised milk might carry infectious disease so be **VERY** sure that the farmer you're getting your milk from has healthy cows that are free range and organically raised.
- Lactose intolerance remains a problem.
- The study only refers to allergies and the long term effect of bovine dairy is still questionable in light of all the other issues mentioned in the previous session like cancer, diabetes, arthritis etc.

# Kathy's kitchen



## Using Soya milk

It's not the end of the world for your family if you have to eliminate cow milk due to allergies or other health reasons. You can carry on eating what you normally do and quite simply replace cow milk with Soya milk. Soya milk has a slightly sweeter taste than cow milk but will not alter the taste of a recipe!

**In general Soya milk works wonderfully in baked and warm recipes.**

**You can replace cow milk with Soya milk using a 1:1 ratio in:**

- Baked desserts and cakes
- Baked rusks and cookies
- White sauce (e.g. lasagna)
- Custard
- Pancakes
- Quiche

Use Soya milk with porridge, tea, coffee and hot chocolate. If your child does not like the taste of Soya milk at first, then add a little bit of raw honey and, as he adapts to the taste, gradually decrease the honey until you completely remove it.

### **HOT SOYA MILK EVENING DRINK**

(recipe for one cup)

250ml Soya milk  
½ cinnamon stick  
2 cardamom seeds, crushed  
1 clove  
Raw honey

- (1) Bring all ingredients except honey to the boil, lower heat and simmer for 5 minutes.
- (2) Strain and pour into cup.
- (3) Add honey to taste.

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# About Dr Anton



Dr Anton Janse van Rensburg is a practising medical doctor who has devoted himself to the study of unique, scientifically sound solutions to modern diseases. He is also a qualified metal toxicologist and has a master's degree in Applied Human Nutrition.

He has written on a variety of wellness topics for numerous South African magazines and newspapers and in 2009 co-authored the book 'Diamonds in the Dust – crafting your future landscape'. Dr Anton is no stranger to radio and has been able to guide scores of listeners with his passion for wellness education.

Dr Anton is an established public speaker and is also a wellness coach to company executives. He specialises in motivating people to adopt healthier habits through well researched lifestyle and food approaches.

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