



NEWS RELEASE

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Dairy products help build strong bones

*By Lt. Col. Karen E. Hawkins,
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FORT LEE, Va. – It is not only the calcium and vitamin D, commonly found in supplements, which are important for building strong bones. A recent analysis of 12 population studies in *The American Journal of Clinical Nutrition* suggests that calcium intake – whether from food or supplements – had no effect on the incidence of hip fractures in men and women. This is just one reason to choose dairy foods in the commissary to get your calcium, vitamin D, magnesium and phosphorous to help build bones – not to mention the savings of 30 percent or more you'll realize by shopping there.

Another good reason to choose dairy foods for your health is the probiotics which are found in many dairy foods such as kefir and yogurt.

What are probiotics and how can they help me?

Probiotics are friendly bacteria that help keep you healthy by maintaining the balance of good and bad bacteria needed for a healthy digestive system. If the bacteria in your stomach get out of balance the bad bacteria can multiply and cause digestive problems. Probiotics bacteria are useful in relieving symptoms of inflammatory bowel disease, irritable bowel syndrome, colitis and alcoholic liver disease. Some research also shows that probiotics can help boost the immune system. The best way to get probiotics is in the food you eat or drink, as foods are uniquely packaged with all the nutrients that enhance absorption and use of probiotics.

What if I am lactose intolerant?

If you are lactose intolerant you may want to try the cultured milk, kefir. It can help lessen the effects of lactose intolerance, which occurs when someone can't digest the naturally occurring sugars in milk.

How much should I eat or drink?

Research shows that probiotics don't stay in the intestines so you may want to eat or drink dairy foods with probiotics each day.

There are no established recommendations yet for probiotics, however there are guidelines for how much dairy we need to get necessary nutrients. The recommended daily amount depends on your age. The 2005 Dietary Guidelines for Americans recommend three cups a day of fat-free or low-fat milk or similar milk product for older children and adults. Children between 2 and 8 years of age need two cups of milk each day.

Choose dairy foods

- Eat yogurt with live cultures at a meal or as a snack
- Make a smoothie with yogurt, milk or kefir, and fruit
- Try recipes that include yogurt

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian's Voice archive. Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to your cell phone today. For delicious recipes, check out Kay's Kitchen. And to enjoy all your commissary has to offer, sign up for the *Commissary Connection*.

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About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,400 annually for a family of four. A core military family support*

element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.