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PLANTS OVER ANIMALS

Hello Friends!

As we wrap up September (back-to-school month), tapping into our critical thinking has hopefully become routine. Let's put those skills to use as we review last week's [new beverage recommendations](#)!

HEALTH

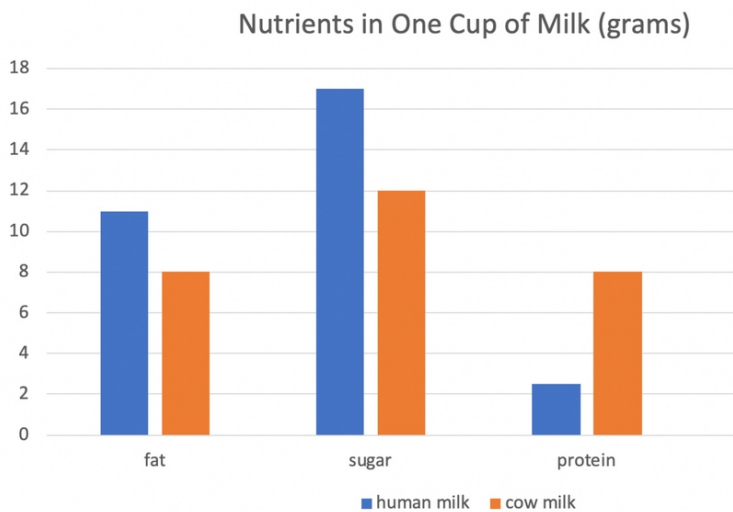
A brand new set of beverage recommendations for children was published last week by a conglomerate of organizations including the American Heart Association, the American Academy of Pediatrics, and others. While I applaud their efforts to minimize added sugars for infants and toddlers, they favor and encourage the consumption of cow's milk over non-dairy milks. Claiming that cow's milk should be consumed to obtain important nutrients overlooks the danger of drinking this product of bovine lactation. Aside from cancer-promoting growth factors, exogenous hormones, and saturated fat (all of which promote disease), cow's milk also contains lactose which is not digestible by about 65% of humans after infancy (20% of Caucasians, 50% of Hispanics, 75% of African-American, and 95% of Asians), causing gas, bloating and other symptoms of lactose intolerance. A more universal recommendation would be to consume water and obtain necessary nutrients from health-promoting solid foods!



Ethnicity / Geographic Region	% With Lactose Intolerance	Ethnicity / Geographic Region	% With Lactose Intolerance
1. East Asian	90-100% ¹	10. Latino/Hispanic (North America)	51% ²
2. Indigenous (North America)	80-100% ³	11. Indian (Northern India)	30% ¹
3. Central Asian	80% ¹	12. Anglo (North America)	21% ²
4. African American (North America)	75% ²	13. Italian (Italy)	20-70% ¹
5. African (Africa)	70-90% ¹	14. French (Northern France)	17% ¹
6. Indian (Southern India)	70% ¹	15. Finnish (Finland)	17% ¹
7. French (Southern France)	65% ¹	16. Austrian (Austria)	15-20% ¹
8. Ashkenazi Jew (North America)	60-80% ³	17. German (Germany)	15% ¹
9. Balkans Region	55% ¹	18. British (U.K.)	5-15% ¹

ANIMALS

Milk among mammals varies significantly. The chart below displays the distribution of nutrients that nature intended for newborns to consume before they are able to drink water and eat solid foods. Interestingly, cow's milk is one of the first foods introduced into an infant's diet, yet it is one of the most common food allergies. Perhaps we should consider eliminating this conventional approach to feeding our children, and reserve the cow's milk for its intended purpose of supplying a 60-pound newborn calf with the nutrition necessary to gain 70-80 pounds per month!

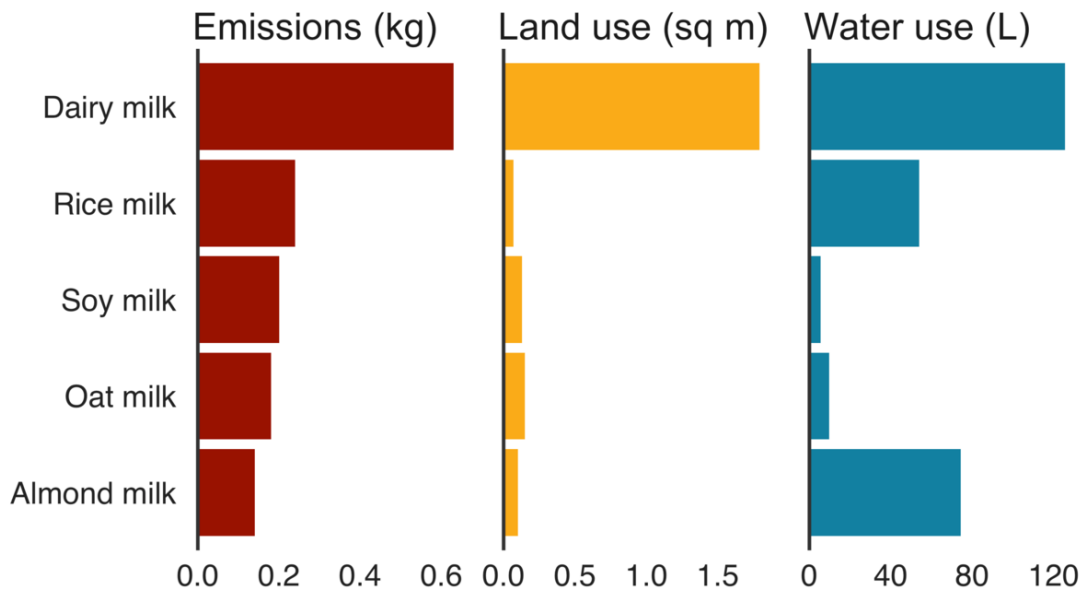


EARTH

On the heels of 16-year-old [Greta Thunberg's incredible speech](#) to the United Nations in NYC, we should all be thinking about the environmental impact of our choices. Greenhouse gas emissions created during the production of plant-based milks are lower than for dairy milk. To see a comparison of the planetary impact of various kinds of milk, see the chart below.

Which milk should I choose?

Environmental impact of one glass (200ml) of different milks



Source: Poore & Nemecek (2018), Science. Additional calculations, J. Poore



Kitchen Tip: Pumpkin Seed Milk

Recently, I had a surplus of pumpkin seeds and I decided to use them to make milk. The results were delicious! Adding this pumpkin seed milk to frozen bananas and cacao powder makes a delicious "nice cream" for an after-dinner treat. You can also use it in smoothies for a super-creamy texture. [See the recipe.](#)

With hopes of good health, compassion, and responsibility,

Brooke at [Plants Over Animals](#)

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