

Welcome to my 'Picture of Health' issue of 'Good 4 You'!

It's packed with good advice to help keep you and your family looking and feeling great - from head to toe.

And I'm taking a special look at what the nutrients in dairy foods can do for you.

Photo 1 - The Big Picture

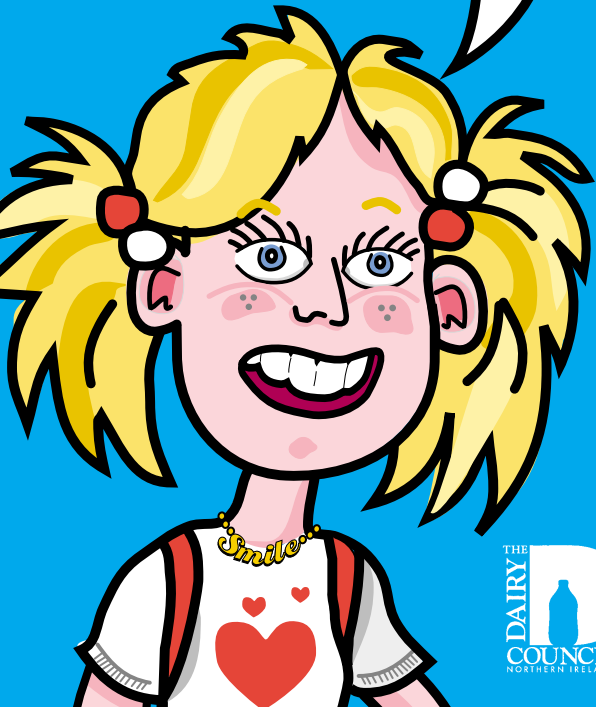
Photo 2 - Hair We Go! - eye & hair health

Photo 3 - Say Cheese - tooth-friendly food

Photo 4 - Top tips for bulging biceps

Photo 5 - Bone-up - good food 4 bones

Photo 6 - Skin nutrition know-how



MILK, CHEESE AND YOGURT



3-a-day

A glass of milk, a pot of yogurt and a small piece of cheese (matchbox-size) each day:

- supplies our recommended calcium intake
- helps maintain a healthy blood pressure
- may reduce the risk of bowel and breast cancers
 - is good 4 bone health
- provides more than eight essential nutrients
 - is safe for children's teeth
 - can help with weight control
 - tastes great!

With milk, cheese & yogurt - there's nothing to add!

For home milk delivery call the 24 hour freephone number :

0800 912 1100

or email us at homedelivery@dairycouncil.co.uk



The Dairy Council for Northern Ireland 456 Antrim Road Belfast BT15 5GB
Website www.dairycouncil.co.uk

When most of us think of the nutrients in dairy foods we automatically think of calcium and its benefits for building strong bones and teeth. But milk, cheese and yogurt contain much more than just calcium. All three dairy foods provide a unique combination of eight essential nutrients, with benefits ranging from helping to keep skin and hair healthy to maintaining normal muscle function and eye health.

Vitamin A - Essential for eyesight, growth and healthy skin.

Vitamin B2 - Helps release energy from food and is important for healthy skin, hair, eyes and nails.

Vitamin B12 - Needed to make red blood cells and nerves.

Zinc - Important for growth, healthy skin & hair, wound healing and a strong immune system.

Calcium - Essential for strong teeth and bones. Also plays an important part in the functioning of nerves and muscles.

Magnesium - Important for muscle contraction and nerve function. Also needed for healthy bones.

Phosphorus - Important for the structure of bones and teeth and to generate energy in the body's cells.

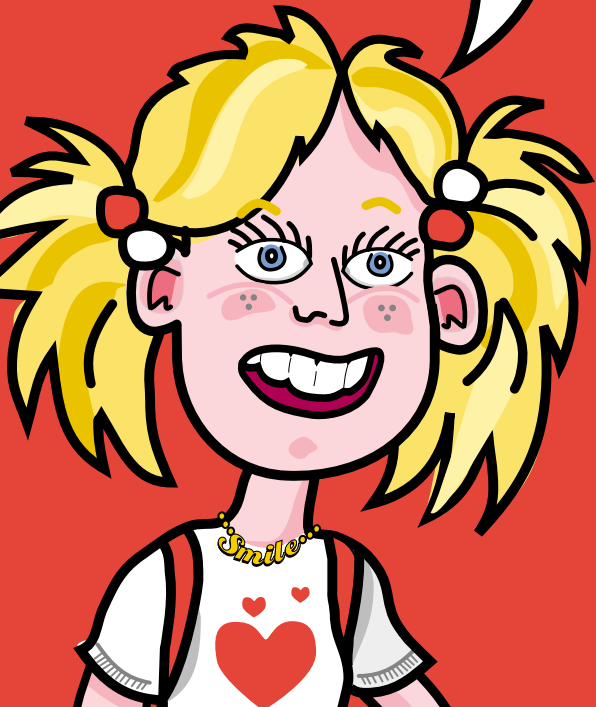
Protein - Needed for the growth and repair of all tissues in the body and for a healthy immune system.

Good 4 You Editor

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Concept, design & illustration
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Milk, cheese and yogurt supply vitamin A, vitamin B2, protein and zinc to help keep your eyes and hair healthy!



In Focus...

Keeping your eyes healthy may not be the first thing you think about when you're tucking into your tea. But a good diet is just as important for eye health as it is for your heart or bones.

It's long been known that **vitamin A** has a key role in night vision. That's where the old saying comes from that eating carrots can help you see in the dark - carrots are rich in **beta-carotene**, which the body converts to vitamin A. Studies have also now shown that some nutrients can help prevent eyesight problems associated with ageing.

A diet rich in **lutein** and **zeaxanthin**, two pigments that give green and yellow foods their colour, may help reduce the risk of age-related macular degeneration (AMD), a condition which leads to sight loss.

Zinc may also be important for AMD prevention, and there is increasing evidence that the antioxidant nutrients **vitamin C**, **vitamin E** and **vitamin B2** can help protect against cataracts.

FEAST YOUR EYES

Milk, Cheese and Yogurt
Vitamin A, vitamin B2, zinc, protein

Brightly coloured fruit & veg
Lutein, zeaxanthin, beta-carotene, vitamin C

Wholegrain breads & cereals
Zinc, vitamin E

Meat
Zinc, vitamin A (liver), protein

Eggs
Vitamin A, zinc, lutein and zeaxanthin
(egg yolks), protein

HAIR RAISING FACTS

Hair is the second fastest growing tissue in the body

35 metres of hair fibre is produced every day

Vitamin A, iron, zinc, protein and the B vitamins are key nutrients for healthy hair

The average scalp has 100,000 hairs and it's normal to lose over 100 hairs each day

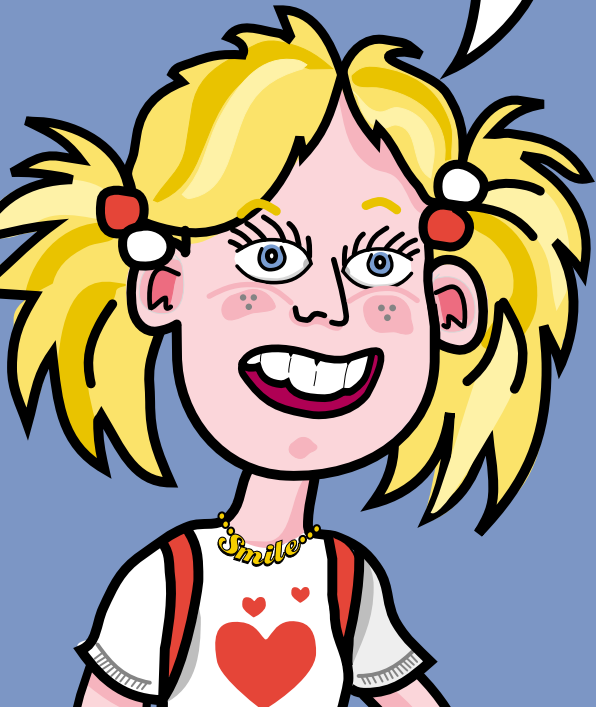
Lack of iron in the diet can cause thinning of hair and abnormal hair loss

Vitamin A and zinc are needed for normal oil production which keeps the scalp in good condition and hair shiny

By age 50, more than half of men have male pattern hair loss

In addition to diet, hormones, stress, hair-care products and some medicines can influence the health and appearance of our hair

Milk, cheese and yogurt contain tooth-friendly nutrients including calcium, protein, phosphorus and magnesium!



TALKING TEETH - the early years

Help your nippers look after their nashers!

1 Try to limit sugary food and drink to mealtimes. This will reduce the frequency of sugar intake, the main factor in tooth decay. For tooth-friendly between meal snacks go for sugar-free foods like bread or fruit and give them milk or water to drink.

2 The acid in some drinks such as fruit juice, squash and fizzy drinks (even diet ones) can also damage tooth enamel. As with the sugary stuff, the best protection plan is to keep acidic drinks for mealtimes only.

Milk and water are the only drinks recommended by dentists for between meals

3 Brush teeth thoroughly twice a day with a small blob of fluoride toothpaste. Brushing should be started as soon as the first baby tooth appears and you'll need to help them brush effectively until at least 7 years old.

4 Visit the dentist regularly for check-ups and advice.

A baby's teeth begin to form as early as the sixth week of pregnancy

By six months old teething has begun

Calcium, phosphorus, magnesium and protein are all necessary for normal tooth development

Most children will have all 20 of their 'milk' teeth at three years

As the jaw continues to grow, the milk teeth become too small and by the age of about six years they begin to loosen and fall out

They are replaced by 32 larger permanent teeth

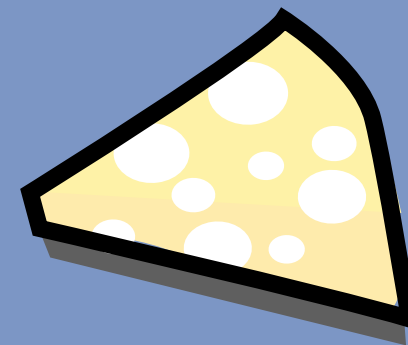
If properly cared for permanent teeth should last a lifetime

ALTHOUGH MILK TEETH WILL BE REPLACED THEY STILL NEED LOOKING AFTER :

They help to guide the permanent teeth into position and without them the next set may be crooked

They are important for the early development of speech - it's very tricky to pronounce S, TH, F without teeth!

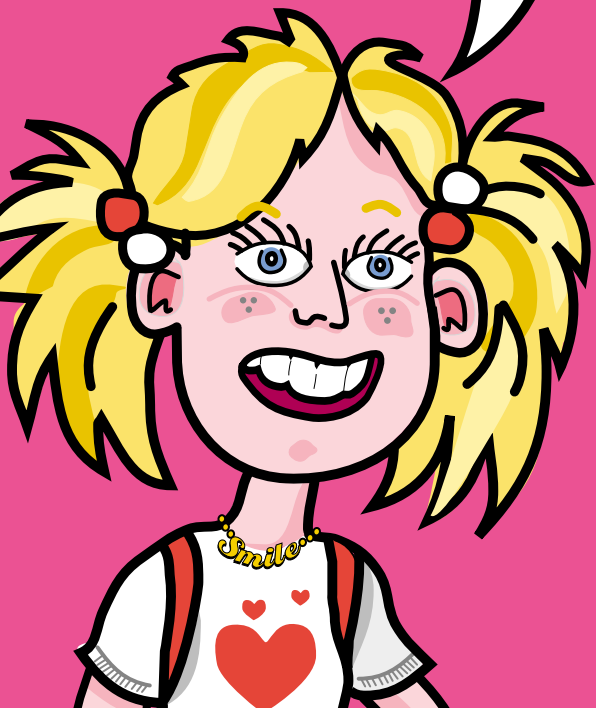
They are needed for proper chewing



SAY CHEESE!

Eating a small piece of cheese after a meal can help prevent tooth decay. Cheese increases the flow of saliva in the mouth, which helps to neutralise harmful acid. The protein in cheese also forms a protective barrier on the tooth surface acting as a buffer against acid attack. Dairy foods contain other tooth-friendly nutrients too, particularly calcium and phosphorus.

Milk, cheese and yogurt provide protein, carbs, calcium, phosphorus and magnesium, all of which are needed for normal muscle function!



Muscling in!

Our bodies have 650 muscles - these not only include the muscles in your arms, legs and so on but also heart muscle and muscles which move food along your digestive tract.

Muscles make up about half of the average person's body weight.

Calcium, magnesium and phosphorus are all involved in the process of muscle contraction.

Nearly half of the body's protein is found in muscle tissue. Muscle mass tends to decline as we get older.

FUELLING UP - THE CARBOHYDRATE CONNECTION

Carbohydrate is the number one fuel for exercising muscles. In fact, a small amount of carbohydrate is stored in the muscles themselves, as glycogen. During a long workout, tired and heavy limbs are usually a sign that the supply of carbohydrate is running low.

Before exercise - Making sure glycogen levels are topped up before you begin an exercise session increases the amount of time you can keep going. Have a carbohydrate-rich meal 2-3 hours before training.

During exercise - If you are exercising for more than an hour, you'll probably need a carbohydrate boost while you're working out - carbohydrate drinks are usually the easiest option.

After exercise - It's important to load up on carbohydrates again within the first couple of hours after exercise as muscles take up fuel most efficiently then.

New research suggests that muscles may be better equipped to rebuild and repair themselves after a long exercise session if a drink providing both protein and carbohydrate is consumed - **the researchers used milk!**

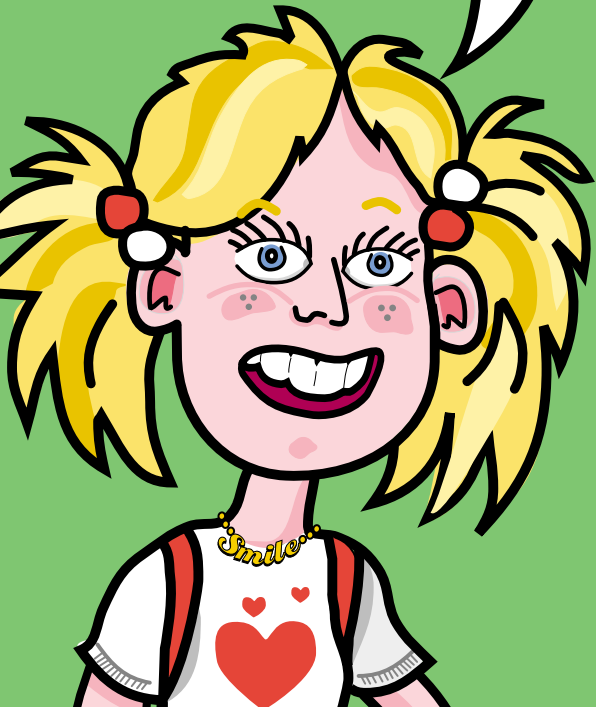
MUSCLE MYTH

An adequate protein intake is essential throughout life for the normal function, maintenance and repair of muscle tissue - but there is no need to go over the top! Although muscles are made up of protein, eating a very high-protein diet won't automatically give you bulging biceps. The only sure way to build muscle size and strength is to exercise.



* These foods are okay for an occasional carbohydrate top up but they shouldn't be the mainstay of your diet

Milk, cheese and yogurt provide calcium, phosphorus, magnesium, protein and zinc, all of which are needed for healthy bones!



Better Bones

A good diet is crucial for developing and maintaining strong, healthy bones. We're probably all familiar with calcium's bone-building effects but research shows that other nutrients are important too:

Calcium

Benefit for bones: calcium is the most important constituent of the skeleton providing both structure and strength. An adequate calcium intake helps to maximise bone gain during growth, slows bone loss in later life, and reduces the risk of fractures.

Bone-up with: milk, cheese, yogurt. Also bony fish, leafy green veg, baked beans, dried fruit.

Vitamin D

Benefit for bones: needed for the absorption of calcium from food.

Bone-up with: sunshine (vitamin D can be made from the action of sunlight on skin), oily fish, egg yolk, fortified cereals.

Magnesium

Benefit for bones: magnesium has an important structural role in bone and also plays a major part calcium metabolism.

Bone-up with: dairy foods, nuts and green vegetables.

Protein

Benefit for bones: protein makes up about one-third of bone mass. Low protein intakes are harmful to the skeleton, especially in the elderly. Very high protein intakes can also be bad for bones, but only when calcium intake is low.

Bone-up with: meat and fish, dairy foods, eggs, pulses.

Vitamin C

Benefit for bones: important for the formation of collagen, a type of connective tissue, which helps give bones their strength.

Bone-up with: fruit (particularly citrus fruit), green vegetables, potatoes.

Zinc

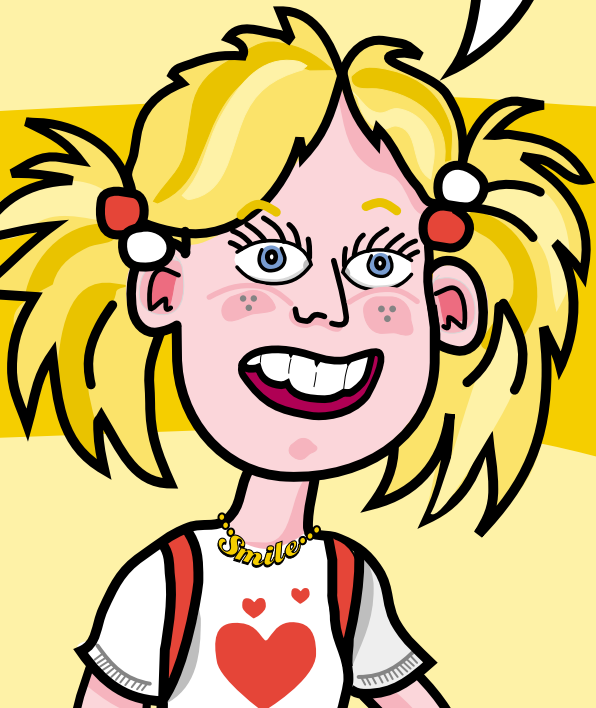
Benefit for bones: has a structural role in the skeleton and is also needed for the activity of bone-building cells and the production of collagen.

Bone-up with: meat, dairy foods, seafood, bread & cereals, eggs.



Other bone-building nutrients
vitamin K, boron, silica,
phosphorus and copper

Milk, cheese and yogurt supply vitamin A, vitamin B2, protein and zinc to help keep your skin healthy and looking good!



SKIN

DEEP

Good skin care isn't just about slapping on expensive lotions and potions. The skin relies heavily for its appearance and normal function on adequate and balanced nutrition. In fact, a dull, lacklustre complexion is often one of the first signs that your diet isn't up to scratch. Check out the facts below :

**GOOD
4
SKIN**

Vitamin A - Essential for growth and repair of skin cells. Deficiency leads to thickened, dry skin, which is prone to infection. (Also found in food as beta-carotene.)

Vitamin B2 - Needed for the maintenance of healthy skin. A shortage of any of the B group vitamins can show up as rashes and other skin problems.

Vitamin C - Needed to make collagen, the protein that helps give skin its strength, elasticity and a smooth appearance.

Vitamin E - Has protective anti-oxidant effects and helps maintain good skin condition and suppleness.

Zinc - Essential for repairing and renewing skin cells.

Omega-3 fatty acids - Found in oil-rich fish (e.g. salmon and mackerel), help keep the skin in good condition and have anti-inflammatory effects.

Fluid - A good fluid intake helps to remove waste products and to 'moisten' skin from within.

Exercise - Improves blood flow and so helps nourish the skin with oxygen and nutrients.

Smoking - Smoking is very harmful to skin. It generates cell-damaging free radicals, which result in premature lines and wrinkles.

Too much sun - The ultraviolet rays of the sun promote premature ageing - wrinkling, sagging, liver spots etc - and increase the risk of skin cancer. Cover up in the sun and use a sunscreen all year round.

Yo-yo dieting - Repeated bouts of weight loss and weight gain take their toll on the skin, resulting in sagging, stretch marks and wrinkling.

Alcohol - Alcohol has a dehydrating effect on skin - just think how your skin looks the 'morning after'! It can also deplete the body of the nutrients essential for skin health.

Greasy food? - Actually this is a myth. There's no scientific evidence that eating high-fat foods like chips or chocolate increases the oiliness of your skin or gives you spots.

**BAD
4
SKIN**