

What you should know about cheese and its benefits!



Did you know that...

- ◆ 75% of adults fail to meet the current suggestion for daily calcium intake?
- ◆ Women, especially teenage girls, and older adults, need to eat more foods that contain calcium. It is estimated that more than 80% of young women and teenage girls are not consuming enough calcium.
- ◆ And the time for greatest bone growth, which requires lots of calcium, begins in the teen years and extends to age 35.
- ◆ You need to eat calcium rich foods throughout your life because your body constantly breaks down and rebuilds bone?
- ◆ The amount of calcium you eat from childhood through your early 20s influences the strength of your bones (called "peak bone mass") in adulthood?
- ◆ It's never too late to get enough calcium. Adequate dietary calcium does help minimize the gradual bone loss that begins to occur naturally in both men and women during their 30s and later.
- ◆ In addition to building strong bones and teeth, calcium also helps your muscles contract, your heart beat, and regulates your nerve function.
- ◆ Calcium has other functions in addition to maintaining healthy teeth and bones. Blood coagulation, transmission of nerve impulses, muscle contraction and relaxation, normal heartbeat, stimulation of hormone secretion, activation of enzyme reactions, and other functions all require small amounts of calcium.

Among the health benefits:

- ◆ The cream has a cortisone-like factor, which aids in combating allergies.
- ◆ Cheese contains the enzyme phosphatase allowing the body to absorb calcium.
- ◆ Cheese contains beneficial bacteria, contributing to a balanced immune system, promote good digestion, boost immune function, and increase resistance to infection, and for women may help prevent vaginal yeast infection.
- ◆ Raw milk was used to treat diabetes before insulin; also eczema and arthritis.
- ◆ Cheese can help prevent new infections by replenishing your intestine with a beneficial bacteria.
- ◆ These beneficial bacteria may also help remove toxins from the gut and exert a beneficial effect on cholesterol levels.
- ◆ Beneficial bacteria are present in fermented dairy foods – namely live culture yogurt or cheese – have been used as a folk remedy for hundreds, if not thousands, of years.

What's good for you?

Make it a habit to include 2 to 3 servings (1 to 3oz) or more of cheese or dairy as yogurt each day.

(recommended by U.S.D.A.)

Cheese is the most concentrated source of calcium, vitamins and beneficial bacteria.

The campaign's simple message?....

Cheese is taste good and good for your health.

Eat cheese and be healthy.