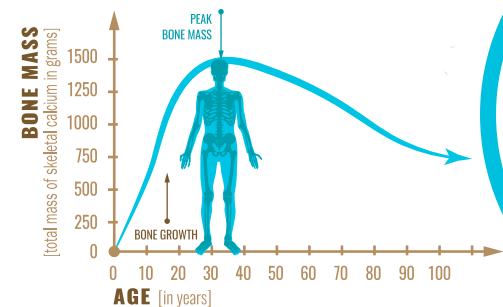


## DECREASING BONE MASS WITH AGE



Did you know that our bones reach their peak bone mass between the ages of 25 and 30? By the time we reach age 40, we slowly begin to lose bone mass. Therefore, it is important to build strong bones at young age and continue to consume milk and milk products to prevent severe bone loss over time.

Regular milk consumption together with physical activity such as weight-bearing exercise help to increase bone density, thus resulting in healthier and stronger bones.

## My Daily Dairy Checklist

- ☐ I drink a glass of milk for breakfast every day
- ☐ I choose to drink more plain/white milk than flavoured milk
- ☐ I drink a glass of milk at any time of the day
- ☐ I incorporate milk in my meals to increase milk consumption



This leaflet is part of the Nutrition Month Malaysia (NMM) 2018 "Your Only Choice: Eat Healthy & Be Active" Infographic Kit: Volume 3.

The Infographic Kit includes 11 key messages:

- 1 Basics of Healthy Diet
- 2 Stay Active Everyday
- 3 Eat Fruits and Veggies for Health
- 4 Be Informed, Make Wise Food Choices
- 5 Make Time for Breakfast
- 6 Start Your Day Strong with Milk
- 7 Fibre for Health
- 8 Go Whole Grains
- 9 Keep Your Heart Healthy
- 10 Healthy Digestive System
- 11 Good Bacteria Balance

Visit [www.nutritionmonthmalaysia.org.my](http://www.nutritionmonthmalaysia.org.my) to obtain the full set of leaflets and other educational materials from NMM programme.

## STRONG START WITH PROTEIN FROM MILK



BUILDING STRONG FAMILIES SINCE 1871

Dutch Lady Milk Industries Bhd. (5065-V)



MS 1500:2009  
1069-01/2004

[www.dutchlady.com.my](http://www.dutchlady.com.my)

Royal FrieslandCampina N.V is the holding company of Dutch Lady Malaysia

# Start your day Strong with Milk

Get all essential nutrients



Published by



A joint initiative by



Supported by an educational grant from



# Milk is Packed with Essential Nutrients

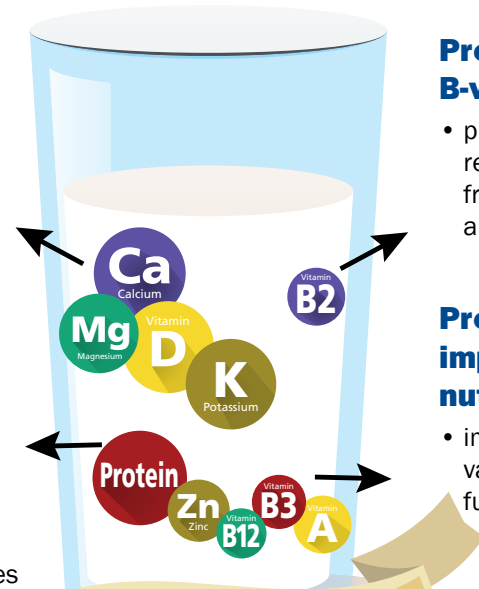
Milk is one of the most nutritionally complete foods. It contains almost all the important nutrients needed for our bodies especially for growing children.

## Rich in bone-building nutrients

- for the development of healthy and strong bones

## Good source of protein

- essential for growth and development
- helps build and repair body tissues



## Provides B-vitamins

- plays a role in releasing of energy from protein, fats, and carbohydrates

## Provides other important nutrients

- important for a variety of bodily functions

## Variety of Milk to Choose

Get the goodness of milk from a variety of milk available in the market. Examples include fresh milk, pasteurised milk, ultra-high temperature (UHT) milk, full cream milk powder, low fat milk, skimmed milk and flavoured milk.



## Important to know!

Sweetened condensed milk and filled milk are not considered milk because they are high in sugar and have low nutrient content.

# Start Your Day Right

Milk is nutritious and you can drink it at any time of the day.

## Drink @ Breakfast



## Drink @ Any Time of the Day



## Be Creative with Milk

If you do not enjoy plain milk, consider...



# Banana 'O' Milk Shake

Serves 3

## Ingredients

250 g (1 cup) of low fat milk  
200 g (2 medium size) of ripe banana, cut into ¼ inch thickness  
125 ml (½ cup) of freshly squeezed orange juice  
150 g (1 cup) of yoghurt  
Brown sugar to taste

## Method

1. Put all the ingredients into the blender.
2. Close the lid and blend it well for 45-60 second.
3. Pour it into a glass and serve it cold.

## Nutrient Content Per Serving

Calorie **164 kcal**  
Carbohydrate **28.7 g**  
Protein **7.0 g**  
Fat **2.4 g**

Easy Recipe to Drink More Milk