

Cow's milk is not perfect for children

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Nutrition for children is not only a parents' concern but also of society and invested in a comprehensive way with the best. Cow's milk is considered as nutriment having various positive impacts on improving health, especially in height of the kids. However, there are many conflicting opinions about whether cow's milk is really safe and necessary for children. From my frame of mind, cow's milk is not a perfect food because of two following reasons.

The very first explanation why children should not use cow's milk is that it brings the risk of allergy to consumers. Cow's milk is consider as the most common allergy factor among children with the rate from 1% to 7. 5% which bring lots of inconvenience to patients on daily life during many years (Ito et. al, 2012). Cow's milk allergy is caused by the changes and creation of local and circulating antibodies of more than 30 proteins absorbed from milk (Koen, 2010, p. 57). Also from view point of Koen (2010, p.), the reactions of milk allergy might continue in adult year with changes of types and amounts.

What is more, cow's milk is a cause of increasing the risk of obesity. In overview of symposium " Dairy product components and weight regulation" (2003), the author stated: " Clearly, calcium intake or dairy products are not a ' magic bullet,' and energy balance remains the underlying cause of obesity and the metabolic syndrome". There is a conceivable link between weight gain and excessive protein inside cow's milk (Greger, 2017). A calf can gain nearly 1000 pounds in a year thanks to amount of protein that is both needless and unwholesome for kids (Lin, 2019). Moreover, drinking more cow's milk means that children absorb more calories and undue energy. (Berkey et. al, 2005)

People on the other side argue that cow's milk is essential food for strong bone development of children (John, nd). There might be some merit on the surface because milk is considered as good source of calcium, protein and vitamin D which play a vital role to strengthen bone (John, nd). However, milk makes bones lose calcium (Bennington – Castro, 2014). Shinya (2010) stated in his book “ The enzyme factor” that when the body absorbs calcium in cow's milk, blood calcium levels increase and the body must adjust to normal levels. This prolonged process will lead to decreased kidney function; reduce the amount of calcium in the body and lead to osteoporosis. When comparing level of hip fractures in the world, scientists found that this rate is high in countries consuming large amounts of milk (USA, Canada, Norway, etc) and low in countries with lower calcium diets (rural Asian, Africa) (Abelow, 1992 & Frassetto, 2000). Lanou (2009) suggested “ individuals should focus on bone building through exercise, spending time in the sunshine to promote vitamin D production, eating lots of fruit and vegetables, and getting calcium from plant sources.”

In conclusion, allergy and obesity risk prove that cow's milk is not perfect food for children. Parents should make changes in firm thought about the true benefits of cow's milk for future health of kids. Instead of using cow's milk with high risks, children can use milk of plant origin or natural foods and participate more in physical activities to improve overall health safely.

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