Here's Your 'Fill-In' On Imitation Milks

Despite the welter of milklike drinks on the market the e are just two basic types — filled milk and imitation milk Shoj pers are sometimes contused about which is which and v1 a the differences are between these and real mak

Filled milk is a product med with skim or non-fat dry milk in which the butterfat has been removed and other oils or fats substituted

Imitation milk is really 'nonmilk" with none of real milk's components It's made of such ingredients as vegetable fat often coconut oil, water sugar or coin syrup solids, flavoing, coloring and thickening ingre dients, and protein such as sodium caseinate or soybean protein

In an article, titled "When Milk-Like Products Are Not Milk," **Good Housekeeping** pointed out that "Filled-milk producers often advertise 'no butterfat' oi 'only puie vegetable oil used '

"However, the American Medical Association says that filled milk using coconut oil, the most common butter fat sub stitute, is not a satisfactory re placement for butter fat in fat modified diets Coconut oil has a high precentage of saturated fats and is low in polyunsaturated fats

"Both filled and imitation dairy products contain about the same number of calories as whole milk, but a higher per centage of the calories in non dairy milk is derived from carbohydrates and fewer from protein

"The AMA warns that many of these nondarry products may be deficient in essential nutrients and should not be substituted for milk or other important food groups in the diet of in fants and children

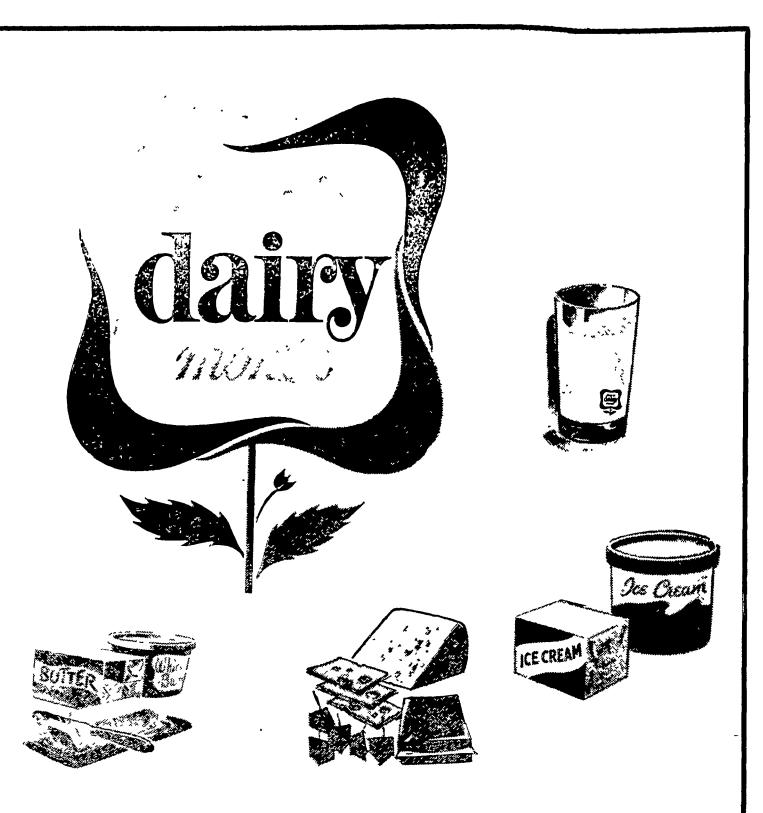
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work, thrift, sacrifice, disci pline, respect for others, and a belief in God' It can continue to keep us great

Our potential production in America is so great that we can never be destroyed from with out, unless we disintegrate and deteriorate from within

We must convince our young men and women that the Ameilcan system works Then we must install in them the idea that they must become leaders in government, leaders in politics, and tireless boosters for perpetuation of the Ameilcan philosophy of freedom and op portunity Boyd C Gartley Director of Member and Public Relations



SOME THOUGHTS FOR DAIRY FARMERS!

- Did you do all you could to help promote your industry in the past year?
- Do you talk milk to consumers?
- Do you explain its many mutritional advantages?
- Do you set the example when you take your family out for a meal and order milk as the beverage?
- Do you have the feeding program which gives you the best return per dollar spent?

WHAT DO FARMERS DO WITH THEIR MONEY?

Well, here are some ways in which they spend it annually

- \$14 billion for weed and insect control chemicals.
- \$5 billion for new buildings
- \$15 billion for gas. oil. fuel. grease.
- \$1 billion for tractors.
- \$2 billion for implements and equipment.
- S18 billion for fertilizer
- \$5 billion livestock and poul try feed.

And like all other folks every where, they also buy clothes, furniture appliances and all the other things people need incluaing food, in their local stores If you are in doubt about this last item talk to

our Nutrition Department or our Dairy Specialist.

What else can we do to help you? - Just call

MILLER & BUSHONG, Inc. ROHRERSTOWN, PA. 717-392-2145

