

Study affirms milk's importance in school programs

SOUTHAMPTON — Do you or someone you know have children in school, and do these children participate in a school feeding program? If so, have you ever wondered if these programs are cost-and nutrient-effective?

USDA had some questions of its own, says Dairy Council Inc., Southampton, Pa., and in 1979 initiated a formal study of the effects of school nutrition programs on a nationally representative sample of public school students and their parents. Data collected during the 80-81 school year were published in a final report issued in April.

It is noteworthy during June Dairy Month to see that this report

lists milk as an "important nutritional component of all USDA school nutrition programs."

The report says that "milk's presence in the meal patterns probably accounts for some of the greater nutrient intakes associated with participation in the school lunch program, and most of the greater intakes associated with participation in the school breakfast program."

According to Dairy Council, studies show that student populations do not meet the Required Dietary Allowances (RDA) for calcium, the highest nutrient component of milk and dairy products. One statistic shows that school-age girls over 11

consume less than 72 percent of the RDA for calcium. A national survey indicates that groups of children and teenagers have dietary calcium and magnesium intakes less than 80 percent of the RDA.

The evaluation report points out that because large proportions of the student population do lack necessary nutrients, "the provision of milk as an important source of calcium to students through the school nutrition programs is an important contribution to maintaining and improving the health of the nation's children." Without dairy products, in fact, it is difficult for children to

obtain enough dietary calcium to meet the RDA.

In general, the report concludes that the school lunch program, while benefitting substantial numbers of poor students, serves all students; the school breakfast program is found predominately in schools located in low-income areas and serves primarily the poor; and the school lunch program, as judged by the nutrient intake of students, clearly provides meals superior to lunches received by nonparticipants.

The vitamins and minerals of milk and dairy products —

calcium, vitamins, A, B6, B12, D, phosphorus, riboflavin, protein, magnesium, pantothenic acid, thiamin, and zinc — provide necessary nutrient value, says Dairy Council.

Calcium, itself, aids in the buildup of maximum bone density, and scientists and nutritionists agree it is an excellent preventive measure against the formation of osteoporosis — an age-related bone disorder. Since people are living longer these days, adequate calcium intake during the school years — the development years — can have lasting affect in old age.

Researcher honored

WASHINGTON, D.C. — President Ronald Reagan has presented the National Medal of Science to Glenn W. Burton, a research geneticist with the U.S. Department of Agriculture's Agricultural Research Service.

A citation from President Reagan read: "Dr. Burton's outstanding contribution to knowledge in the biological sciences have helped to feed the hungry, protect and beautify the environment, and provide recreation to millions." Burton was one of 12 scientists receiving the national medal from the president in ceremonies at the White House. It is the nation's highest

award for scientific achievement.

Leading a small multidisciplinary team of four scientists at the Coastal Plain Experiment Station in Tifton, Ga., Burton pursues a broad research program on plant genetics ranging from field selection to fundamental investigations on the nature of inheritance.

Terry B. Kinney, Jr., administrator of USDA's research agency, said one of Burton's recent developments, a new hybrid grass called Tifton 44, may play a significant role in meeting the food needs of the world's burgeoning population.



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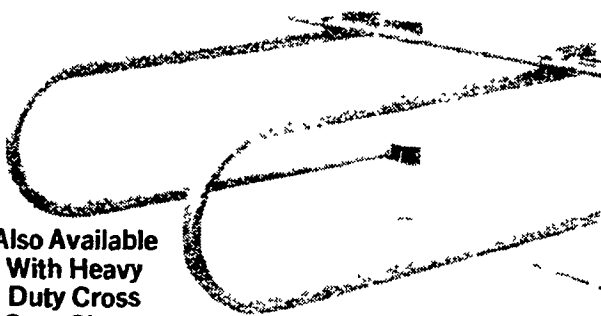


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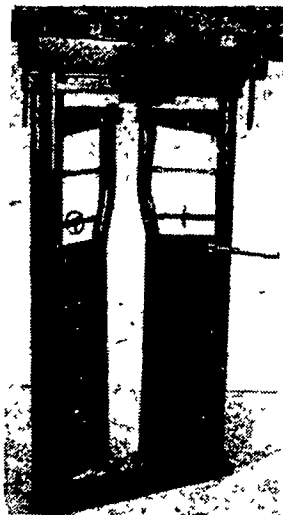
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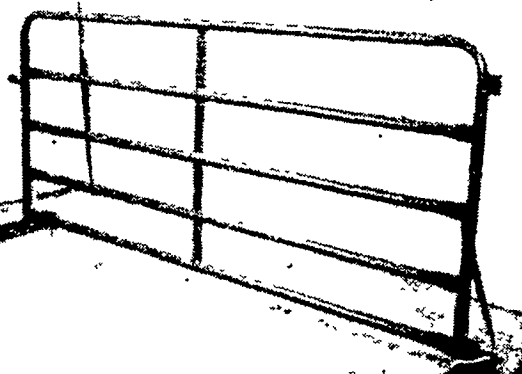
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