



# SWITCH4GOOD

**LIVE BETTER. DO MORE. DAIRY-FREE.**

## FACT SHEET: Dairy's Effects on Children's Health

- Cows' milk allergies are most common in young children
  - Immediate symptoms may include: rash, hives, wheezing, vomiting and anaphylaxis.<sup>(1)</sup>
  - Delayed symptoms can wreak havoc on a child's immune system, affecting their bodies, causing respiratory, gastrointestinal and skin problems.<sup>(1)</sup>
- Cows' milk increases our circulating levels of IGF-1.<sup>(2)</sup> In children, this can lead to:
  - Chronic acne
    - Researchers at Harvard found that the prevalence of acne in teenage boys was 19% greater in those drinking more than 2 cups of skim milk per day, and 44% greater in girls.<sup>(4)</sup>
  - Childhood obesity <sup>(10)</sup>
  - Accelerated linear growth: children growing at an abnormal rate <sup>(2)</sup>
  - Childhood type 2 diabetes
    - Research has found that 8-year-old boys who were given skim milk for just one week more than doubled their insulin production.<sup>(3)</sup>
- Cows' Milk is a source of Environmental Toxins <sup>(5)</sup>
  - Lead: Can cause IQ loss, behavioral problems, aggression, learning disabilities, mental and cognitive dysfunction, seizures, and brain damage.
  - POPs: Persistent Organic Pollutants may cause early puberty and long-term health problems such as an increased risk of breast cancer and mental health problems.<sup>(6)</sup>
- Regular consumption of cows' milk increases estrogen levels, which can affect sexual maturation in children.<sup>(7)</sup>
- Studies have shown that children who consume cows' milk are at greater risk of developing iron-deficiency anemia. The earlier a child is introduced to cows' milk, the greater the risk a child has of developing anemia.<sup>(8)</sup>
- Drinking cows' milk at a young age can increase the risk of advanced prostate cancer later in life by threefold.<sup>(9)</sup>



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