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.\(^1\)
  ○ Delayed symptoms can wreak havoc on a child’s immune system, affecting their bodies, causing respiratory, gastrointestinal, and skin problems.\(^1\)

● Cows’ milk increases our circulating levels of IGF-1.\(^2\) In children, this can lead to:
  ○ Chronic acne
    ■ When scientists from Harvard and other universities studied almost 80,000 children, teens, and young adults, they found that drinking just 1 glass of milk per day increased their chances of having acne by 41%.\(^3\)
  ○ Childhood obesity \(^4\)
  ○ Accelerated linear growth: children growing at an abnormal rate \(^2\)
  ○ 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.\(^4\)

● Cows’ Milk is a source of Environmental Toxins \(^5\)
  ○ 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.\(^6\)

● Regular consumption of cows’ milk increases estrogen levels, which can affect sexual maturation in children.\(^7\)
• 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.\(^{(8)}\)

• Drinking cows' milk at a young age can increase the risk of advanced prostate cancer later in life by threefold.\(^{(9)}\)
References: