



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:

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