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Milk and dairy is one of the main food groups we all need. It helps to build strong bones and teeth, and to lower blood pressure. It contains many important nutrients such as calcium, potassium, high-quality protein, vitamins A and D.

MILK

There are 4 different kinds of milk:

- Whole Milk
- 2% Reduced Fat Milk
- 1% Low Fat Milk
- Fat Free Milk (Nonfat Milk)

| Nutrients in 1 cup | Whole Milk | 2% Milk | 1% Milk | Fat Free Milk |
|--------------------|------------|---------|---------|---------------|
| Calories | 150 | 120 | 100 | 85 |
| Fat(gram) | 8 | 5 | 2.5 | 0 |



The main difference between these types of milk is the amount of fat they contain. This accounts for the difference in calories they each provide. They all have similar amounts of calcium, vitamin D, protein and other nutrients.

| RECOMMENDED MILK AND DAIRY PRODUCTS | MILK AND DAIRY PRODUCTS NOT RECOMMENDED |
|---|---|
| <ul style="list-style-type: none"> • Fat-Free Milk • Low-Fat Buttermilk • Fat-Free or Low-Fat Yogurt • Fat-Free or Low-Fat Cheese • Fat-Free Evaporated Milk • Nonfat Dry Milk (Nonfat Milk Powder) | <ul style="list-style-type: none"> • Whole Milk, 2% Reduced Fat Milk • Whole-Fat Butter Milk • Whole Milk Yogurt • Whole-Fat Cheese • Whole-Fat or 2% Reduced Fat Evaporated Milk • Dry Whole Milk (Whole Milk Powder) • Ice Cream, Frozen Yogurt • Sweetened Condensed Milk • Cream, Cream Cheese, Sour Cream and Whipped Cream • Half-&-Half • Butter, Margarine |

LACTOSE INTOLERANCE AND DAIRY PRODUCTS

Lactose is a sugar found in milk. Lactose intolerance means that the ability to digest milk sugar is limited. After drinking milk or eating dairy products, digestive symptoms might occur such as bloating, diarrhea, or gas. Lactose intolerance is not a milk allergy. Most people with lactose intolerance can tolerate a limited amount of lactose in their diet. Therefore, there is no need to avoid dairy products completely. If lactose intolerance is a problem, try the following:

- Lactose Free Fat-Free Milk
- Fat-Free Goat Milk
- Fermented milk products, such as Fat-Free Yogurt
- Hard cheese, such as Cheddar Cheese, or Parmesan Cheese
- Lactase enzyme tablet (taken with milk or dairy products)

Sources:

- U.S. Department of Agriculture
- National Institute of Diabetes and Digestive and Kidney Diseases
- U.S. National Library of Medicine



請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

牛奶和奶製品是我們需要的其中一個食物種類。它可以幫助我們建造強壯的骨骼和牙齒，並幫助降低血壓。它含有很多重要的營養素，例如鈣質、鉀質、高質量的蛋白質、維生素 A 和維生素 D。

牛奶

牛奶一般有 4 種：

- 全脂牛奶
- 2%低脂奶
- 1%低脂奶
- 脫脂奶



| 每一杯 | 全脂牛奶 | 2%低脂牛奶 | 1%低脂牛奶 | 脫脂牛奶 |
|---------|------|--------|--------|------|
| 熱量(卡路里) | 150 | 120 | 100 | 85 |
| 脂肪(克) | 8 | 5 | 2.5 | 0 |

這4種牛奶的主要分別在於脂肪的含量。這導致它們所提供的熱量也不同。這些牛奶所提供的鈣質、維生素D、蛋白質和其它營養素的含量都十分相似。

| 建議進食的牛奶和牛奶製品 | 不建議進食的牛奶和牛奶製品 |
|---|--|
| <ul style="list-style-type: none"> • 脫脂牛奶 • 低脂酪乳 • 脫脂或低脂酸乳酪 • 脫脂或低脂乳酪（芝士） • 脫脂淡奶 • 脫脂奶粉 | <ul style="list-style-type: none"> • 全脂牛奶、2%脂肪牛奶 • 全脂酪乳 • 全脂酸乳酪 • 全脂乳酪（芝士） • 全脂或 2%脂肪的淡奶 • 全脂奶粉 • 雪糕和冰凍酸乳酪 • 甜煉奶 • 奶油、奶油奶酪、酸奶油和攪打奶油 • 半對半奶油 • 牛油、人造黃油 |

乳糖不耐症和牛奶製品

奶中的糖份稱為乳糖。乳糖不耐症是指身體消化乳糖的能力有限。在喝牛奶和進食牛奶製品之後，身體可能出現腸胃症狀—例如腹脹、腹瀉、脹氣。乳糖不耐症不等於牛奶過敏。大部分有乳糖不耐症的人，都可以接受少量乳糖。因此，有乳糖不耐症不需要完全避免食用奶製品。如果有乳糖不耐症，可以嘗試以下的選擇：

- 無乳糖的脫脂牛奶
- 脫脂的山羊奶
- 發酵過的奶製品，例如酸乳酪
- 硬芝士（乳酪），例如 Cheddar 芝士或 Parmesan 芝士
- 乳糖酵素片（和牛奶或奶製品一起服用）

資料來源：

- U.S. Department of Agriculture
- National Institute of Diabetes and Digestive and Kidney Diseases
- U.S. National Library of Medicine

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