DR. McDOUGALL'S
HEALTH & MEDICAL CENTER

Chocolate Milk - Disease in Disguise

Sixty-five years ago, as a child in kindergarten and my early years in grade school, I (John McDougall) was required, every morning, at a 15-minute refreshment break, to drink a half-pint carton of unsalted, bitter tasting tomato juice or cow's milk: white milk for two cents or chocolate milk for three cents. Because I was from a very low-income family I felt guilty about spending the extra penny for chocolate, but the taste of the white milk was too disgusting. My first grandson, Jaysen, attended public school at age five in the year 2009 in Calistoga, California. Milk was free. Apple Juice was $2 a day. His parents paid the extra $60 a month required by the school so that he could be exempt from drinking cow's milk.

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Nathan Pritikin's Literature Review

Nathan Pritikin was the medical pioneer who thirty years ago told people the cause and cure of our common chronic diseases. His work provides a detailed review of the scientific and medical literature. Also the McDougall February 2013 newsletter is dedicated to Mr Pritikin and provides a video interview with him. Physicians, dietitians, and scientists will find the contained information invaluable.

>> Nathan Pritikin's Work

Holiday Meal Planning

This time of year, the Thanksgiving and Christmas Holidays frighten many people who eat a healthy diet. They wonder how to socialize with friends and how to prepare a meal in their home. These two days are supposed to be the largest feasts of the year. Yet in fact, both dinners are the healthiest, most vegetarian-like, most McDougall-like meals people eat all year long.
Here is our Annual Holiday Meal Planning Guide with recipes (and a new delicious gravy) along with an updated shopping list.

>> Mary's Holiday Meal Planning Guide with Recipes

Featured Recipes

- BOYFRIEND BURGER
- HOT AND SOUR SOUP

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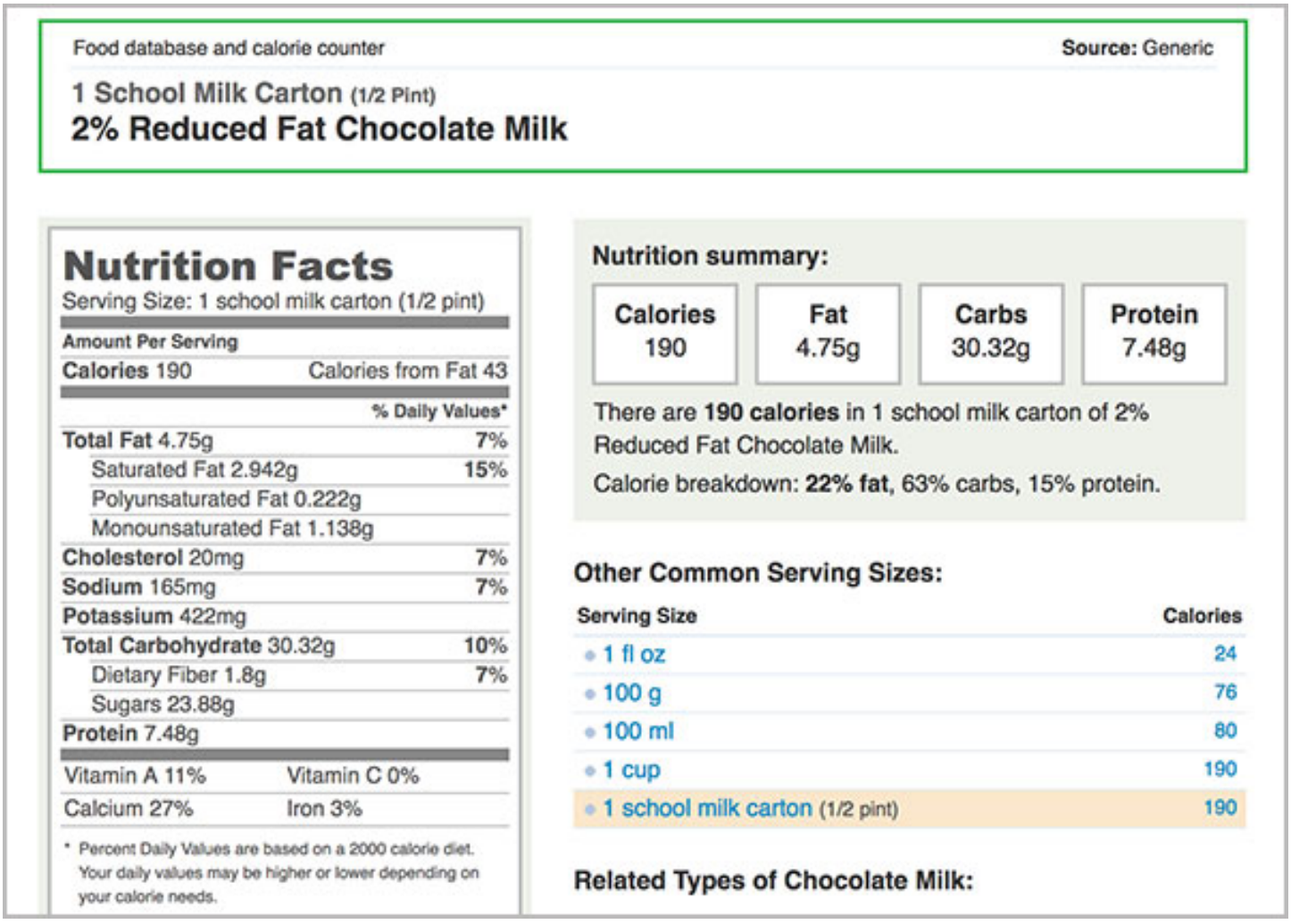
Drinking white cow's milk is unpalatable for most children. As a result, the Dairy Association now actively promotes chocolate milk as "Nutrition in Disguise."

"Nutrition in Disguise" from the Dairy Industry

Nutrition in Cow's Milk

The dairy industry advertises that milk is the number-one food source to deliver three of the four nutrients of concern identified in the 2015 Dietary Guidelines for Americans: calcium, vitamin D, and potassium. Calcium is abundant in plant foods and no case of calcium deficiency has ever been reported on any natural diet. Vitamin D is an added ingredient. The richest source of potassium is from plant foods, not milk.

Actually there are five nutrients of concern listed by the 2015 Guidelines; the other two are fiber and iron, both of which are completely absent in cow's milk. Cow's milk fails to provide adequate amounts of dietary fiber, linoleic acid, iron, and vitamins niacin and C to meet the nutritional needs of adults and children.



Food database and calorie counter — **Source:** Generic

1 School Milk Carton (1/2 Pint)
2% Reduced Fat Chocolate Milk

Nutrition Facts
Serving Size: 1 school milk carton (1/2 pint)

Amount Per Serving	
Calories 190	Calories from Fat 43
	% Daily Values*
Total Fat 4.75g	7%
Saturated Fat 2.942g	15%
Polyunsaturated Fat 0.222g	
Monounsaturated Fat 1.138g	
Cholesterol 20mg	7%
Sodium 165mg	7%
Potassium 422mg	
Total Carbohydrate 30.32g	10%
Dietary Fiber 1.8g	7%
Sugars 23.88g	
Protein 7.48g	
Vitamin A 11%	Vitamin C 0%
Calcium 27%	Iron 3%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition summary:

Calories	Fat	Carbs	Protein
190	4.75g	30.32g	7.48g

There are **190 calories** in 1 school milk carton of 2% Reduced Fat Chocolate Milk.
Calorie breakdown: **22% fat**, 63% carbs, 15% protein.

Other Common Serving Sizes:

Serving Size	Calories
1 fl oz	24
100 g	76
100 ml	80
1 cup	190
1 school milk carton (1/2 pint)	190

Related Types of Chocolate Milk:

A half pint of fat-reduced chocolate cow's milk contains 24 grams of sugar (about 100 calories). Half of the sugar is from natural lactose made by the cow, but the other half is simple sugar added during the manufacturing. This happens to be the same amount of sugar found in COCA-COLA (one half pint, 8.5 ounces, has 100 calories from 28 grams of sugar). Most U.S. schools now ban sodas

and other sugary beverages, but not flavored chocolate milk, and 70 percent of milk served in schools is flavored.

The Basic Problem: Wrong Mammal

Female mammals by definition secrete milk to fully nourish their young offspring. The nutrient content is specific for the growth requirements of each species. In general, the faster the young offspring grows, the higher the concentration of protein, calcium, and other nutrients in the mammal's milk. Human babies double in size in six months (180 days), and to support this slow development human breast milk is low in protein (1.2 grams per 100 grams of milk). Cow's milk, however, has almost three times the protein concentration in order to support a growth rate four times as great (47 days to double in size). Rat pups double in size in just 4.5 days and that rapid growth requires a protein concentration almost 10 times greater than that for human babies.

When a human child is fed cow's milk, designed for four times their natural growth rate, they become over-nourished. This means they get too many calories and too much fat, promoting obesity. It also means they get too much protein, which raises growth hormone levels. One consequence of accelerated growth is precocious puberty. Girls become women at 12 instead of 16. Boys mature earlier, too.

In reverse, for a moment, consider the consequences of feeding a calf human breast milk. The baby cow would fail to thrive on a food with one-fourth the concentration of vital nutrients required to support its faster growth. (You might be charged with farm animal abuse if you did this, so don't.) However, the disease-producing consequences of feeding the wrong species milk to children is rarely considered as harmful; rather this practice is universally thought of as "necessary, proper, and the best of all nutrition."

Animal	Protein*	Growth Rate (Days)**
Human	1.2	180
Horse	2.4	60
Cow	3.3	47
Goat	4.1	19
Dog	7.1	8
Cat	9.5	7
Rat	11.8	4.5

Experts Agree: Dairy Foods Are Unnecessary for Children

Contrary to the dairy industry's marketing campaigns, reviews of the scientific literature have concluded that taking in extra dietary calcium during childhood does not build strong bones. (See my book the Starch Solution for more details.)

Cow's Milk Is Dirty with Chemicals and Microbes

Cow's milk is high on the food chain and as a result of bioaccumulation and the concentration of environmental chemicals, the milk is laden with many poisonous chemicals. Veterinary drugs, heavy metals, radionuclides, mycotoxins and pesticides are chemical contaminants from animal feed that leave residues in cow's milk. These residues in milk also include antimicrobial drugs.

Dairy products are the foods most often recalled by the U.S. Food and Drug Administration (FDA) because of contamination with infectious agents, mostly bacteria. They are commonly tainted with disease-causing bacteria, such as salmonella, staphylococci, listeria, deadly E. coli O1573, and Mycobacterium paratuberculosis. Milk is also contaminated with viruses known to cause lymphoma, leukemia, and immune deficiency in cattle.

A division of the USDA, the Animal and Plant Inspection Services (APHIS), reported in 2007 that 89% of U.S. dairy operations had cattle with evidence of infection with Bovine Leukemia Viruses (BLV). This infection affects nearly our entire milk supply in the U.S. Milk from many dairy farms is trucked to central processing plants and placed into tanks. Tanks representing herds containing 500 cows or more were found to be infected 100% of the time with these viruses. Scientists have known about this health hazard since 1969. Pasteurization does not remove the problem.

This virus is easily spread from cow's milk to other species of animals, and once infected they can become ill with leukemia. For example, in 1974 it was reported that when six infant chimpanzees were fed infected cow's milk two died of leukemia within a year. Using state-of-the-art detection methods, in December of 2003 researchers from the University of California, Berkeley published their findings that three-fourths (74%) of people from their community, with a study population of 257 humans, have been infected with bovine leukemia viruses. In 2015 this virus from cow's milk was reported to be linked to breast cancer.

First: Stop the Cow's Milk

Children should never consume cow's milk. This calf food should be the first thing that is stopped when trying to improve the family's diet. Naturally, babies drink mother's milk exclusively for the first six months. Then with the development of teeth and the coordination to grab food from mother's hands, the baby adds solid foods like cooked and mashed potatoes, corn, and rice. At two years of age the gastrointestinal system is developed to where solid food is the ideal diet. For more about this, see Diet, Children, and the Future.

Many common illnesses are caused by the macronutrients— protein, fat, and sugar (lactose)— in this foreign mammalian secretion.

Cow's-milk protein causes autoimmune diseases, including:

- Asthma
- Constipation
- Kidney Damage
- Juvenile Rheumatoid Arthritis
- Bed-wetting (Enuresis)
- Enlarged Tonsils

The milk sugar (lactose) is the most common cause of gastrointestinal symptoms, such as diarrhea, stomach cramps, and gas, in people, including children four years of age and older. As many as 90% of non-white people worldwide have lactose (milk sugar) intolerance. For this reason alone, how could anyone believe that people should be drinking cow's milk?

The fat in cow's milk is a major cause of obesity. Half (49%) of the calories from whole cow's milk (labeled as 3.5% fat by weight) are from fat. Low-fat milk (2%) actually contributes 39% of its calories as fat. The fat you eat is the fat you wear. In addition, the fat (98%) is of the saturated variety, the natural kind that is the most damaging to the arteries, causing atherosclerosis. We all start out as babies with clean arteries, but that soon changes with the consumption of the rich Western diet. Children raised on cow's milk, meat, and other delicacies soon show fatty streaks (the earliest stage of atherosclerosis) in their aorta. This damage is seen as early as nine months of age, and all children on this diet show artery damage by age three years.

Featured Recipes

I have two new recipes to share with you this month, plus Our Annual Holiday Meal Planning Guide with recipes (and a new delicious gravy) along with an updated shopping list.

THE BOYFRIEND BURGER

There is a popular Napa Valley, California restaurant not too far from the McDougall's house that serves an irresistible (non-soy- based) veggie burger. I (Mary) have tried for years to get the recipe from them but had no luck. During every 10-day program I would tell the story about this restaurant and their delicious burger. Fortunately, a woman hearing my story raised her hand and said, "My boyfriend used to work at that restaurant, I'll get you the recipe!" And sure enough, a few hours later I had a copy of the recipe in my hand. All of the ingredients were McDougall acceptable, the only problem was that it made 70 burgers! So for years it has been sitting in my recipe drawer waiting for me to reduce it to a manageable size for home cooks. Finally, 3 months

ago, Rick & Susan Newhauser offered to work on the recipe so it would be easy enough for any home cook to prepare, with a few left over to freeze for later use. Those of you who have been through the 10 day program know that I have been promising you this recipe for a long time. The wait is over. The recipe has been adapted to make 11 to 12 five-ounce burgers.

Preparation Time: 30 minutes
Holding Time: 12 hours
Prepping & Cooking Time: 35 minutes
Yields: 11-12 Five-Ounce Burgers

Ingredients
5 cups cooked brown rice, chilled
1 cup rolled oats
1 1/4 cups black beans, drained. Reserve liquid. Chop beans into 1/4 pieces.
1/4 cup black bean juice
1/3 cup chopped parsley
1/5 cup sweet soy sauce
1/4 cup + 1/2 tablespoons Gulden's Brown mustard
1 tablespoon chili powder
1 tablespoon pureed smoked chipotle peppers, or 1/4 tsp crushed dried smoked chipotle peppers without seeds
1 teaspoon kosher salt
1/3 cup yellow onions, minced
2 ounces peeled cooked beets, minced
10 chopped prunes

Directions
Mix ingredients briefly in a food processor until they hold together well. Cover and refrigerate for up to 12 hours. Make into 5 ounce patties using a 4-inch diameter hamburger ring. The ring can be made from an empty 4-inch diameter can, or 4-inch rings can be ordered on Amazon. Pack the burger ingredients firmly in the ring. This is important or the burgers will fall apart. Place on pan to "set" in refrigerator or freeze before cooking. Can be wrapped and frozen at this point.

To Cook: Found best luck with bake/broiling the burgers from the frozen state. Suggest the same for grilling. It takes the burgers about 30 minutes to bake or grill, flipping once through the cooking time.

Preheat oven to 375F. Use a high quality non-stick pan, parchment paper, or a silpat silicone baking sheet over your baking tray. Bake until done, flipping burgers half way through the time required. If desired, add additional BBQ sauce on top, then broil to caramelize.

HOT AND SOUR SOUP

This recipe was requested from me by a reader of our newsletter for many years. Unfortunately, it was in an older newsletter that was no longer available online. So here it is again for you to enjoy. It is one of our favorites.

Servings: 6-8
Preparation Time: 30 minutes
Cooking Time: 17 minutes
Resting Time: 2 minutes

Ingredients
1 quart water
1 quart vegetable broth
1 red bell pepper, chopped
1 onion, sliced
1 ½ cups sliced fresh mushrooms
½ cup sliced carrots
1 teaspoon minced fresh ginger
½ teaspoon minced fresh garlic
1 ½ cups thinly sliced Napa cabbage
1 ½ cups snow peas, cut in half
1 10.5 ounce package extra firm, silken tofu, cubed
½ cup cornstarch
¼ cup rice vinegar
¼ cup soy sauce
¼ teaspoon black pepper
1/8 teaspoon white pepper
1/8 teaspoon crushed red pepper
dash sesame oil
4 green onions, sliced
2 tablespoons chopped cilantro

Place the water, vegetable broth, bell pepper, onion, mushrooms, carrots, ginger and garlic in a large pot. Bring to a boil, cover and cook over medium heat for 15 minutes. Add cabbage, snow peas and tofu. Cook for 5 minutes longer.

Meanwhile mix the remaining ingredients, except the green onions and cilantro, in a bowl. Add to soup, stirring constantly until thickened and clear. Add green onions and cilantro. Mix well. Remove from heat and let rest for 2 minutes before serving.