



MICHIGAN SOYBEAN
PROMOTION COMMITTEE

a new release



FOR IMMEDIATE RELEASE

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Soymilk goes to school for kids with lactose intolerance

Lactose intolerance is the inability to digest lactose, the sugar found in milk and milk products. It is a common problem, affecting 30-50 million American adults, especially African Americans, Hispanic Americans, Asian Americans, and American Indians. Symptoms include abdominal pain, cramping, and diarrhea 30 minutes to 2 hours after consuming milk.

Most tweens and teens are not getting the recommended daily allowance of 1300 mg of calcium a day to build strong bones. Only 1 in 10 teen girls and 1 in 4 teen boys get enough. If the child has lactose intolerance, they are even less likely to get the calcium they need. Bone development is 90% complete around age 17.

USDA rules now permit schools participating in the National School Lunch and Breakfast Programs to offer soymilk as a substitute and get reimbursed for it. Parents must notify the school in writing that their child needs the substitute for their specific condition. A sample letter can be found at <http://www.soyfoods.org/wp-content/uploads/2009/Soymilk%20request%20letter%20from%20parent.pdf>.

Contact Michele Bernreuter, MS RD CDE, Soyfoods Educator with the Michigan Soybean Promotion Committee at soyfoodrd@gmail.com for ways to incorporate soyfoods.

Purchasing and consuming soyfoods is a great way to support your health and Michigan agriculture. The Michigan Soybean Promotion Committee represents soybean farmers in the state and funds soybean research and educational efforts. For more information on the Michigan Soybean Promotion Committee and ways to incorporate soyfoods in meal planning, visit www.michigansoybean.org.

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