

Is MILK... A superfood to help fight colds?

Yep! Whole Milk has immune-boosting proteins, vitamins, electrolytes, antioxidants. Research shows a good daily dose of Vit. D, for example, keeps colds at bay! We get Vit. D when the sun interacts with our skin, but this key vitamin is also found in fortified foods like cereal, orange juice -- and especially MILK. In 2009, researchers at Mass. General Hospital linked lower Vit. D with higher upper respiratory infection risk. In 2012, they found more Vit. D wards off kids' winter colds. In 2016, a Canadian study showed Whole Milk tripled the Vit. D status of kids compared to low-fat milk and fat-free drinks fortified with Vit. D. Whole Milk has both natural and fortified Vit. D and the milk fat improves absorption!

Source (see links in comments)

<https://www.medpagetoday.org/primarycare/uritheflu/34280?vpass=1>

<https://nationalpost.com/health/kids-who-drink-whole-fat-milk-are-leaner-have-higher-vitamin-d-levels-study-finds>

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