



What ever happened to the milk mo'

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 Health Reporter

THE famous milk moustache sported by kids has disappeared with concerns children and teenagers are still not consuming enough calcium before the final growth spurt at 18.

Dietitians want families to bring back the after-school glass of milk, which has been pushed aside for soft drinks and fruit juices.

Almost 60 per cent of nine to 13 year olds are not reaching their estimated average requirements of calcium.

Children's Hospital at Westmead dietitian Susie Burrell said parents were

no longer packing yoghurts, cheeses or milks in the school lunchbox.

"Some children can go a whole day without having any calcium," she said.

"If a kid just eats toast of a morning and no cereal, then has carbohydrate snack foods and juice, they may miss out.

"It used to be that when a child got home from school they would have a glass of milk and then maybe another glass at dinnertime."

Children need at least three serves of dairy every day.

But teenagers need up to five serves as

they near their final growth spurt.

About 26 per cent of final adult bone is accumulated during the pubertal growth spurt, dietitians said.

"The main thing we see is milk as a drink is being displaced by juices, cordials and flavoured teas and waters," Ms Burrell said. "High carb afternoon snack choices such as chips, biscuits, breads and snack foods, for which nutrient quality is low, means key nutrients including calcium are missed."



How dairy drink it all: Phillip Vecchio, 7, Isabella Vecchio, 5, and Belle Parker, 5, enjoy their milk and top up their calcium intake