

Dairy-free protein for kids

SECOND to breast milk, it is believed that cow's milk or fortified dairy provides the best and only source for calcium and protein for growth and development in kids. However, cow's milk may not be the best option.

Research shows that milk derivatives such as casein and milk sugar (lactose) could raise the risk of infants developing cow's milk protein allergy and lactose intolerance later in life⁽¹⁾.

Milk protein and lactose may cause digestive discomfort such as diarrhoea, nausea and stomach pain in some children.

Antibiotic residues are also found in dairy milk and long-term consumption could be harmful to human health⁽²⁾.

Health experts worldwide recommend that children consume more plant-based proteins such as legumes for healthier growth and development. Plants are a powerhouse of nutrition as they are loaded with fibre and disease-fighting phytonutrients, and are naturally low in fat and cholesterol compared to animal protein.

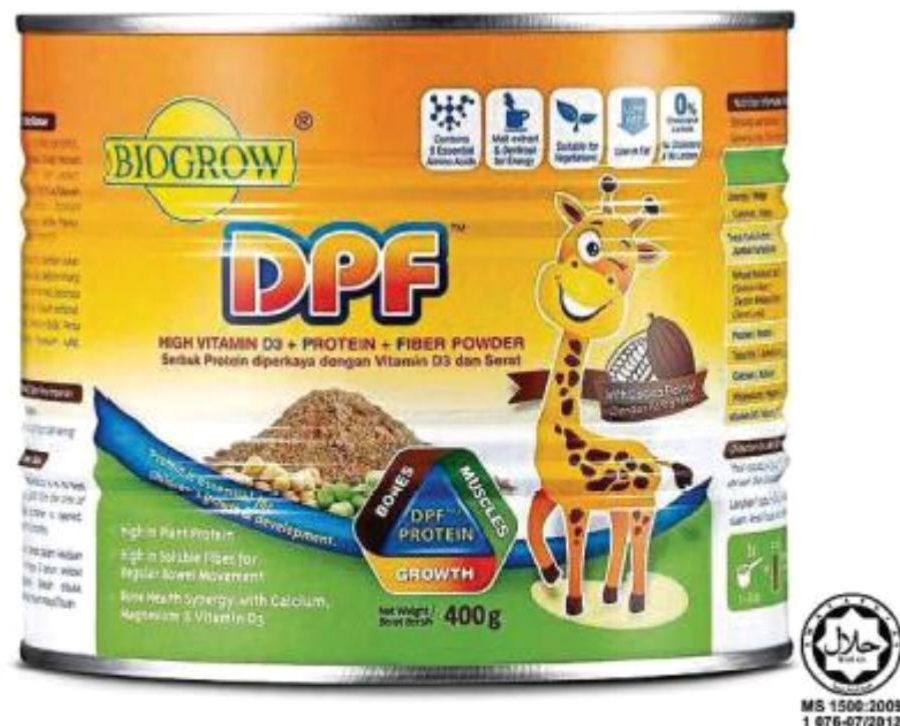
Nutrition and physical growth are integrally related because optimal nutrition is a requisite for achieving full growth potential.

Protein plays a crucial role in the development of physical and mental health since complete protein provides all 20 types of amino acids, including essential and non-essential amino acid.

Histidine, leucine and lysine are the three essential amino acids required for the production of the growth hormone and strong bones in children.

A deficiency in any of these essential amino acids may have a negative impact on height growth and development.

The Ministry of Health Malaysia recognises calcium and magnesium as essential minerals for maintaining healthy bones and teeth, while vitamin D3 helps



Help your child grow tall and strong with Biogrow DPF.

the body utilise calcium more efficiently.

According to the Nutrition Survey of Malaysia Children (Seanuts), almost half of the children are vitamin D-deficient⁽³⁾ due to low dietary intake of vitamin D, calcium and lack of sunlight exposure⁽⁴⁾.

A combination of calcium and protein with other nutrients such as vitamin D3 and magnesium can be associated with greater bone density and improved bone formation for optimal growth, compared with taking calcium supplementation alone⁽⁵⁾.

Grow tall and strong with Biogrow DPF

Biogrow DPF High Vitamin D3 +

Protein + Fibre Powder with cocoa flavour is dairy-free, lactose-free and is suitable for all ages.

One scoop (25g) of Biogrow DPF powder is recommended daily to provide more than 27% of plant protein (derived from non-GMO certified soy and pea) with all 20 amino acids.

It is high in calcium, magnesium and vitamin D3 for bone health by providing RDI of vitamin D3 to children.

The fibre in Biogrow DPF promotes regular bowel movements, which is especially helpful for those with constipation. It also contains dextrose and malt extracts, which provide a source of instant energy for both children and active individuals.

This article is provided by Legosan (Malaysia) Sdn Bhd.

■ For details, call 03-7956 2220 or e-mail info@biogrow.com.my.

References

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- ⁽²⁾ Poh et al., Br Jr Nutr, 2013
- ⁽³⁾ WebMD.com, Vitamin D Deficiency. <http://www.webmd.com/diet/guide/vitamin-d-deficiency#1>
- ⁽⁴⁾ Lister et al., 2007. Current topics in nutraceutical research, 5, 67-82
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Make the world a happier place

LITTLE things make a big difference. Like honey in your tea instead of sugar, a bit of sweetness can add joy to an otherwise average day. Here are some ways to help cheer up everyone's day.

Lend a hand to others

Help a family by promoting a local business you love on your Facebook page. It is hard to build a small business, so if your mechanic or your fruit shop is doing a great job, a short post with their name and contact is a lovely way to convey gratitude.

Tell someone they are doing a good job

Stress means we are often quick to criticise and slow to praise. Take time today to tell someone you appreciate their effort, even if it is only the way the cashier in the supermarket packs your shopping items or the security guard who smiles when he sees you.

Give someone a gift

Gifts do not need to be expensive; it is the thought that counts. Buy soap, shampoo, rice, cookies or socks that come with a "buy one, get one free" or other promotion, and give the free gift away.

Forgive someone

Whether it is the colleague who always takes your stapler without giving it back or the driver who signalled left and turned right, shrug off the small stuff and move on.