

# dairy is scary

## The Dangers of Milk

### cholesterol

1 cup milk = 12 mg cholesterol  
1 oz cheese = 29 mg cholesterol



High levels of cholesterol may **raise heart disease risk**, the #1 cause of death in the US.

### saturated fat

1 cup milk = 1.5 g saturated fat  
1 oz cheese = 6 g saturated fat

Saturated fat **impairs the body's ability** to control blood sugar.

### toxins

Antibiotics, pesticides, lead, dioxins, PCBs, and other industrial toxins **accumulate in milk.**



### cancer

The protein in milk promotes cancer growth.

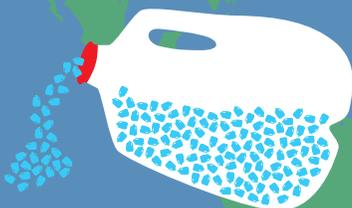
Tumor growth can be turned **on and off like a lightswitch** with higher or lower amounts of **casein protein from milk.**



**truth bomb**  
3 servings of dairy per day increases the risk of death from prostate cancer by 141 percent.

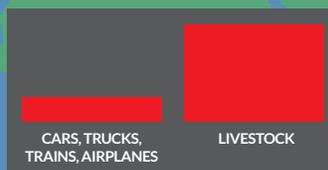
### water

Producing 1 gallon of milk takes **144 gallons of fresh water.**



### air pollution

Livestock accounts for **51%** of all greenhouse gas emissions.



### deforestation

Animal agriculture is responsible for **91%** of Amazon destruction.



## pus

A single spoonful of milk contains **1,120,000 pus cells.**

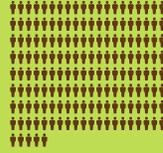


## waste

1 cow produces as much waste as **165 people.**



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## acne

The natural hormones in milk **promote acne.**



Statistics show that **bone fracture rates are highest** in populations with the **greatest milk consumption.**

## bones

Don't we need milk for strong bones?

**MYTH:  
BUSTED**

3 glasses of milk per day **increases** women's risk for hip fractures **by 60%.**



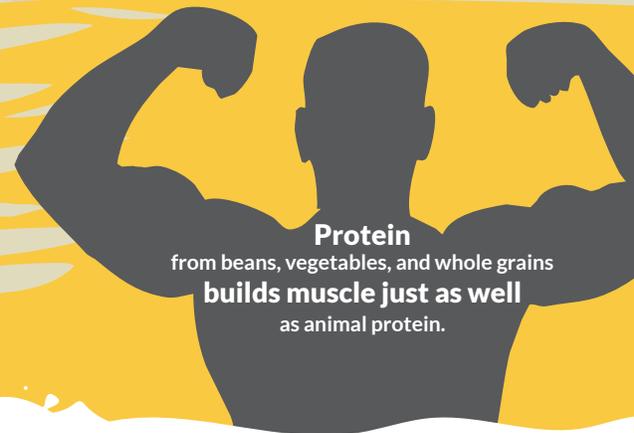
these two are **not the same**

Human breast milk contains **less than a third the protein** of cow's milk, **lower than any animal milk.**

## protein

Milk's Last Straw

**Protein** from beans, vegetables, and whole grains **builds muscle just as well** as animal protein.



## so now what?

The **choice** is yours.



A healthy **plant-based diet** could save more than **14 million lives** each year.



**Plant-based milks** provide the benefits of milk **without the risks.**

## says who?

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