

MILK, FOR ALL IT'S WORTH

As it turns out, calcium-rich dairy products should not be avoided as artery-clogging agents but embraced for their life-prolonging effects. That is the message that comes to us from a 65-year follow-up to a 1930s survey of more than 1,300 English and Scottish families. When researchers looked at their death records, they found no clear evidence that dairy products were linked with either heart disease or stroke deaths. However, they did find that children in the group with the highest intake of calcium and dairy products had lower overall death rates than those who consumed lower amounts of dairy products. While other factors may be at play, it cannot hurt to increase our intake of non- and low-fat milk.

A proper diet will provide your bones, tissues, and organs with the various substances they need to function. At Barclay Friends, our dietary services department prepares meals and snacks with the nutritional needs of seniors in mind. We specialize in short-term care and rehabilitation therapies for patients who are adapting to limitations due to disease, surgery, or injury. We are now certified by the National Alliance of Wound Care (NAWC) for excellence in wound care. Please call us at 610-696-5211 to schedule a visit. We are located at 700 N. Franklin Street in West Chester, PA.