



A2 milk

What is it? As this milk appears all over the shelves in the supermarket, you may be curious about its claims and whether it's actually better for you than regular cow's milk? Can A2 milk really aid in digestion and help reduce the risk of some diet related diseases?

Regular cow's milk contains both A1 and A2 proteins. Look out for clever marketing techniques that promote "naturally contains A2 proteins". This is just an excuse to charge \$5 per bottle because all milk contains A2 naturally! Many years ago, cows only produced A2 protein but over the years they now yield both types. Despite this, some cattle are specifically bred to produce the A2 protein only.

Some people believe that they find A2 milk easier to digest, but to date there is no sound scientific evidence to suggest that A2 milk is better for us in comparison to regular cow's milk.

The bottom line is milk is high in calcium for bone strength and protein for muscle repair and recovery..... so drink up!!

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