

# Recycling - good for ... everything

Recycling paper benefits the environment in a myriad of ways. According to the U.S. Environmental Protection Agency, recycling paper reduces greenhouse gas emissions that can contribute to climate change by avoiding methane emissions and reducing the energy required for a number of paper products.

Recycling paper also contributes to carbon sequestration, which is the process through which agricultural and forestry practices remove carbon dioxide from the atmosphere. The Eco Preservation Society notes that carbon sequestration activities can help prevent global climate change by enhancing

carbon storage in trees and soils, preserving existing tree and soil carbon and by reducing emissions of carbon dioxide and nitrous oxide.

Recycling paper also reduces the need for a substantial amount of landfill space and cuts back on the consumption of energy and water that is necessary to produce new paper products.

Businesses looking to reduce reliance on paper can urge employees, clients and partners to use digital documents in lieu of printed documents, while private citi-

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## Benefits of dairy

(Continued from page 16)

bone mass. Diets with sufficient potassium may help to maintain healthy blood pressure. Additionally, vitamin D functions in the body to maintain ideal levels of calcium and phosphorous so that bones are built and maintained.

The Australian Dietary Guidelines say that consumption of milk, cheese and yogurt is linked to a reduced risk of heart disease, stroke, hypertension, type 2 diabetes, meta-

bolic syndrome, and colorectal cancer.

The Dietary Guidelines for Americans encourage children and adults to enjoy three servings of low-fat or fat-free milk, cheese or yogurt each day. Canada's Food Guide recommends between three and four servings for children in the preteen and teenage years and two to three servings for adults.

Dairy can be a nutritious part of a healthy diet, and history suggests it has been for quite some time.

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