



MILK - FACTS, FIGURES AND BELIEFS

by Winfried Oelsner



SYNOPSIS

MILK is something everyone grew up with 'to grow big and strong'. Everyone knows this. No wonder, for milk's healthy image is carefully nurtured by the milk industry. We all know adverts extolling milk's virtues as natural product full of nutrients. Moreover, milk is supported by the state, recommending daily consumption of dairy products.

But, is milk really healthy? Or does it sometimes have the opposite effect? Can it still be classed as a natural product? Milk's long-standing clean image is starting to tarnish. Dairy products are now among the most controversial foodstuffs – and their detractors are growing louder. A heated, emotional debate has been seething between supporters and opponents for years. As a result, consumers are increasingly wary.

In search of clarity, we visit scientists, doctors, dairy farmers and insiders from the milk industry across Europe. Who's behind the opinions for and against milk? Whom should we believe? And where's the proof?

We set out on a journey...

CAST AND CREW

DIRECTOR Winfried Oelsner

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WORLD SALES

[Albatross World Sales GmbH](http://www.albatrossworldsales.com)
Chopinstr. 8
04103 Leipzig
Germany
info@albatrossworldsales.com
<http://www.albatrossworldsales.com>

PRODUCTION COMPANY

[Neue Celluloid Fabrik](http://www.neue-celluloid-fabrik.de)
Holbeinstrasse 9
04229 Leipzig
Germany
jk@neue-celluloid-fabrik.de
<http://www.neue-celluloid-fabrik.de>