



DAIRY

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WHAT IS THE RECOMMENDED NUMBER OF SERVES I SHOULD EAT PER DAY?

It is recommended **men** should consume **2.5-3.5 serves** of dairy per day



It is recommended **women** should consume between **2.5-4 serves** of dairy per day



TIPS FOR CHOOSING DAIRY PRODUCTS:

Look for products that mention '**no added sugar**' on the label or check the ingredient list for added sugars such as **dextrose, sucrose, fructose, glucose, golden syrup, honey, maple syrup, malt, maltose, lactose or sugar**

Look for words like '**reduced fat**' or '**low fat**' on the product label if a person has a **heart condition** or **high cholesterol**

WHAT IS CONSIDERED A 'SERVE' OF DAIRY?

Standard Serve = 500-600kJ



1 cup (250mL) of milk (fresh, long life, powdered milk, buttermilk, soy and other cereal milks)



1/2 cup (120mL) evaporated milk



2 slices (40g) hard cheese (such as cheddar)



1/2 cup (120g) ricotta cheese



3/4 cup (200g) yoghurt

100g almonds with skin

100g firm tofu with added calcium

TRY TO SWAP OUT FULL FAT DAIRY FOR REDUCED OR LOW FAT DAIRY:



Full fat milk



Low fat milk



Flavoured yoghurt



Plain/Natural/Greek yoghurt



Flavoured milk



Plain milk



Soy milk



Soy milk with added calcium