



DAIRY

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FULL FAT VS REDUCED FAT DAIRY

Full fat dairy varieties are recommended for all people

Reduced fat dairy is recommended for people who have heart disease or high cholesterol

Health benefits of dairy products apply to both full fat and reduced fat varieties



BENEFITS OF DAIRY FOODS

Calcium and **vitamin D** found in dairy foods help to build and **maintain bones** and can reduce the risk of osteoporosis

Maintain **dental health** and reduce the risk of cavities

Protein in dairy foods helps to **maintain muscle**

Lowers blood pressure and/or maintains a **healthy blood pressure**

Help maintain a **healthy weight**

Reduce the risk of chronic diseases such as **heart disease** and **stroke**

4 MAIN CATEGORIES

Milks - All reduced fat or full cream milks, plain and flavoured, long life milks, powdered milks, evaporated milk, soy and other cereal milks (with added calcium)

Yoghurt - All reduced fat or full cream, plain and flavoured, soy yoghurt (with added calcium)

Cheese - All hard cheeses, reduced or full fat - cheddar, tasty, edam, soy cheeses (with added calcium)

Other - Almonds with skin on, sardines canned in water, firm tofu with added calcium



WHY ARE DAIRY FOODS SO IMPORTANT?

Dairy foods provide the body wide range of **essential nutrients** including:

- Calcium
- Protein
- Vitamin D
- Iodine
- Vitamin A
- Vitamin B2
- Potassium

If choosing **dairy alternatives**, make sure that it has **added calcium** which can be found on the label

