

Dairy and alternatives

- Milk and dairy products are good sources of **protein**, and a wide range of **vitamins** and **minerals**.
- If choosing dairy alternatives, go for those **fortified** with calcium and other vitamins and minerals where possible.
- We should choose **lower fat and sugar** options where possible – use food labels to help you!
- Butter, cream and ice cream are **not** included in this group as they are high in saturated fat.

What counts?

Milk such as skimmed, semi-skimmed, whole

Cheese such as cheddar, parmesan, paneer

Yogurt and fromage frais

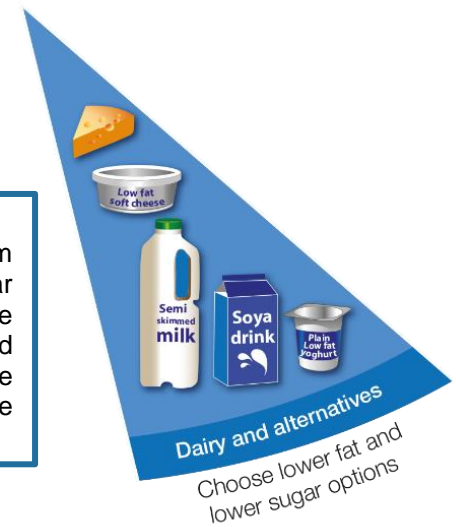
Drinks such as some smoothies, kefir and lassi

Cream cheese and **quark**

Dairy alternatives made from **soya, nut, oat, rice, quinoa, coconut** and **pea** such as soya drinks and yogurts

Did you know?

Lactose intolerance is a digestive problem where the body cannot digest lactose, a sugar found in milk and dairy products. If you are lactose intolerant, go for lactose-free milk and dairy products. Lactose-free milk contains the same nutrients as regular milk without the lactose.



Note: Read the food labels to choose those that are unsweetened and fortified with vitamins and minerals such as calcium, B-vitamins and iodine.

Why eat these foods?

Dairy foods give us:

- ✓ **Protein** – for growth and repair function.
- ✓ **Calcium** – for development and maintenance of strong, healthy bones.
- ✓ **Iodine** – important for healthy nerve and brain function, and healthy skin.
- ✓ **Vitamin B2 (riboflavin)** – to help release energy from carbohydrate and protein.
- ✓ **Vitamin B12** – for healthy red blood cells and nerve function.

TOP TIPS

Try a glass of **low-fat milk after exercising** – you will benefit from **rehydration** and the **protein** found in milk.

Add **fruit** to **low-fat plain yogurt, kefir, lassi** or **ayran** as a dessert or snack.

Grate hard cheeses, such as cheddar, to avoid using more than you need!

Swap whole milk for **skimmed** or **semi-skimmed** milk (only adults and children over the age of 2 years).

For older adults with a poor appetite, try **fortifying** a pint of whole milk with 2-4 heaped tablespoons of dried skimmed milk powder.

Meal Ideas for Dairy and Alternatives

Breakfast

Semi-skimmed milk or fortified dairy alternative on your wholegrain breakfast cereal or porridge.

Lunch

Low-fat cream cheese mixed with herbs in your sandwich using wholemeal bread.

Dinner

Low-fat plain yogurt to thicken sauces, marinade meat, or as part of a dip such as tzatziki. Try paneer in your curry.