

Dairy and alternatives

- ❖ Dairy foods are a really important part of a healthy, balanced diet, as these foods are good sources of **protein**, vitamins and iodine and importantly **calcium**, which is needed for strong, healthy bones.
- ❖ We should choose lower fat and lower sugar options where possible – use **labels** to help!
- ❖ If purchasing **dairy alternatives**, be sure to choose unsweetened versions that are fortified with calcium and other vitamins if possible.
- ❖ Butters, creams and dairy ice-creams are not included in this group as they are high in saturated fat,

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED



What counts?

Dairy	Dairy alternatives (calcium fortified)
<ul style="list-style-type: none"> • Milk • Cheese • Yogurt • Fromage frais • Quark • Cream cheese 	<ul style="list-style-type: none"> • Soya drinks and soya yogurts • Nut milks (e.g. almond and hazelnut) • Oat, rice, quinoa or potato milk • Any other alternatives to the dairy options

Did you know?

Calcium is found in the liquid part of the milk, and not the fat part. So reduced fat milks, like skimmed, provide just as much calcium as regular milks!

Top tip

Incorporating this food group into your diet is easy! You could:

- Try **low fat cream cheese** mixed with herbs or pesto as an accompaniment to dishes;
- Top fruit with **low fat plain yoghurt** and have as a desert or snack;
- Have a glass of **low fat milk** after exercising – you will benefit from rehydration and the protein content in the milk!

How to make healthier choices:

Instead of cream or ice-cream, try
**low fat crème fraîche, fromage
frais or low fat plain yogurt**

Swap to **1% fat, skimmed or semi-
skimmed milk**, as opposed to whole

Grating cheese can help avoid using
more than you need!

Why eat dairy foods?

These foods provide a range of nutrients:

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