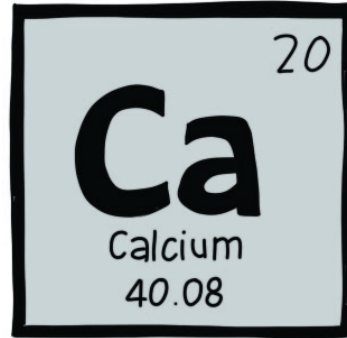


Rediscover Dairy

With Rediscover Dairy, you can stay up to date with news about the health and nutrition benefits of dairy. Every quarter, Rediscover Dairy will share what industry experts and scientists have to say about the goodness of dairy.

CALCIUM: A FRESH LOOK AT THIS SUPER NUTRIENT

Calcium is an essential mineral in our diet and South Africans generally consume less calcium than the currently recommended amounts. However, some studies have called question how effective dietary calcium actually is at these levels. Have a look at an expert review about why we need calcium in our diet, how much we need and how the recommended intake are determined to help you decide for [yourself](#).



AMASI IS SIMPLY AMAZING

Amasi is a well-loved product that forms part of many cultures in South-Africa. Our ancestors traditionally prepared this fermented drink by storing unpasteurised cow's milk in a calabash or hide sack. This allowed the milk to ferment. Today amasi is made by adding live cultures to full-cream pasteurised cow's milk to help the fermentation process along. Read more about [this popular soured dairy drink](#) and its health benefits.

'DAIRY GIVES YOU GO' SOCIAL MEDIA COMPETITION

In the recent 'Dairy Go Team' campaign, high-impact videos promoting the health benefits of dairy were posted on social media. As part of this campaign, Guy announced the 'Dairy Go Team' competition. He invited teenagers to post their own videos to help him spread the word about the benefits of dairy. [See how teenagers get their go from dairy](#)



THREE-A-DAY EDUCATIONAL CLINIC VIDEO: A USEFUL TOOL FOR COMMUNITY NUTRITION

In this [video](#), Tumi explains why we should 'have milk, maas or yoghurt every day'. Learn more about:

- what dairy is
- the nutrients in milk and dairy
- the benefits of having milk and dairy in your diet
- how much milk and dairy you need every day
- the different milk varieties you can choose from

CONTINUING EDUCATION NUTRITION (CNE) - ONLINE

In South Africa, health professionals have to continually update their professional knowledge and skills to help them always work safely, legally and effectively. With the CNE menu item on the 'rediscoverdairy' website, dietitians and nutritionists can earn up to 10 CPD points and 2 ethical points each year. Simply register to read a number of peer-reviewed articles and then submit your answer sheets. The articles will be available from March 2018, so remember to visit [rediscoverdairy.co.za](#) to expand your CPD portfolio.

