

# Dairy meets your needs

Milk is a unique package of nine essential nutrients, all needed for a healthy, balanced diet. These nutrients include protein, carbohydrates, vitamins A, B<sub>6</sub>, B<sub>12</sub> and B<sub>2</sub>, and minerals such as calcium, phosphorus, magnesium, potassium and zinc.

## Did you know?

- The fat content of full-cream milk (3.4%) is less than that of many other popular foods.
- Yoghurt is a convenient and tasty on-the-go snack, which contains beneficial bacteria to aid digestion.
- Amasi is made from fermented milk, giving it a special taste enjoyed by many South Africans.
- Hard and semi-hard cheese is an alternative source of protein.

## What's in the milk aisle?

Milk is available as fresh (pasteurised or ultra-pasteurised) and as long-life milk

| OPTION    | FULL-CREAM MILK  | LOW-FAT MILK  | FAT-FREE MILK                                      |
|-----------|--|---|--|
| Taste     | Creamy   | Creamy, but somewhat less                           | Not creamy   |
| Energy    | 650 kJ in 250 ml   | 520 kJ in 250 ml                                    | 365 kJ in 250 ml                                   |
| Nutrients | Protein 3.2%   | Protein 3.3%  | Protein 3.4%                                       |
|           | Typically 3.4% fat   | Typically 1.5 – 2% fat                              | Typically less than 0.5% fat                       |
|           | Vitamin A* (107.5 µg); contributes 12% of daily needs                            | Vitamin A* (52.5 µg); contributes 6% of daily needs | Vitamin A* (5 µg); contributes 0.5% of daily needs |
| Use       | Provides adults, and especially children, with essential protein and fatty acids | Use every day for most of your family's needs       | Good to add to a slimming diet                     |

\*Vitamin A is found in the fat (cream) part of the milk. So, when some of this fat (cream) is removed, the vitamin A content decreases slightly. Therefore, fat-free milk has less vitamin A than full-cream milk.

## Milk is where it all starts

The nutrients in milk are meaningfully conveyed to other dairy products. Each serving of dairy provides an irreplaceable package of nutrients that impart certain health benefits due to its unique combination.

| Just add milk   | Just add yoghurt   | Just add amasi  | Just add cheese  |
|---|--|---|--|
| Iced coffee: Make a cup of coffee with lots of milk and top with crushed ice. Sprinkle with instant chocolate powder. | Top plain yoghurt with honey and toasted almonds.                                    | Add amasi to a curry just before serving, for a creamy taste and bonus nutrients. | Quick pizza: Cut pita bread in half, sprinkle with cheese and your favourite toppings for a DIY pizza. |
| Replace some of the liquid in soups with milk.  | Freeze a small tub of yoghurt with a spoon inserted to make your own frozen yoghurt. | Make rusks with amasi for a twist on the traditional buttermilk.                  | Add grated cheese to freshly scrambled eggs.   |



## References

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4. Wolmarans P, Danster N et al. 2010. *Condensed Food Composition Tables for South Africa*. MRC. Parow Valley, Cape Town.



For more information visit

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