

Dairy now even more choices!



A new classification of dairy products was introduced in South Africa at the end of March 2016.

You now have even more choices when buying dairy products. The most notable change is that a **medium-fat class** has been introduced.

The reclassification also affects other dairy products, such as buttermilk, maas, yoghurt, drinking yoghurt, cottage cheese, evaporated milk and condensed milk. Let your choices count! Be sure to include 3 servings of dairy every day to benefit from all the important nutrients in dairy.

Your milk choices

Milk class	Fat content	May also be described as
Full-fat milk	Between 3.3% and 4.5%	Full-cream milk; Whole milk; Milk
Medium-fat milk	Between 1.5% and 3.3%	% medium-fat milk, eg. 2% medium-fat milk; Medium-cream milk
Low-fat milk	Between 0.5% and 1.5%	Low-fat milk
Fat-free milk	Not more than 0.5%	Skimmed milk

An initiative by the Consumer Education Project of Milk SA

For more information on the health benefits of dairy and the fat classes of different dairy products, please visit our website: www.rediscoverdairy.co.za or email us at: info@rediscoverdairy.co.za

