



The matrix effect of **DAIRY** nutrients

Milk and other dairy products deliver a unique package of many important nutrients. You get good-quality protein and calcium from dairy, as well as minerals such as potassium, phosphorus, magnesium and zinc, and vitamins A, B12 and B2.



The interaction of nutrients in dairy forms a winning team.

Because of this team work we can say the whole is more than the sum of the parts. The nutritional value of a food is not only about what nutrients are in the food, but also about how the nutrients are organised with respect to each other. The interaction of these nutrients – called the ‘food matrix’ – determines the overall nutritional and health properties of what you eat. It is the unique matrix of dairy that is responsible for its many health benefits. Having the ‘whole product’, like when you are drinking MILK or AMASI, having some YOGHURT or nibbling on CHEESE, does more for you than having the various nutrients separately.



It is recognised more and more that the health effects of milk and dairy foods go beyond that of their individual nutrients. Research suggests that this is a result of the specific interaction of the various nutrients in milk and dairy.

Including milk and dairy foods in your diet helps to keep your bones healthy, your blood pressure in range and your weight under control. Having milk and dairy can also help to prevent type 2 diabetes, cardiovascular disease and colorectal cancer.

Dairy foods are useful in sports nutrition and offer a convenient way for the elderly to maintain their bone and muscle mass and keep them strong.

Have milk, maas or yoghurt every day

The South African food-based dietary guidelines recommend that a healthy diet should include milk and dairy every day.

Health authorities all over the world say the same. So, be sure to include real MILK and dairy foods such as AMASI, YOGHURT and CHEESE in your daily diet. These foods are tasty, convenient and affordable, and can be used in many different ways so that you can get all the goodness of dairy.

Make sure you get the real deal

It is difficult to match the nutritional value of real milk through other foods. For example, plantbased alternatives (beverages made from almonds, rice or oats) do not provide any good-quality proteins and usually have to be fortified with calcium and vitamin B12. Fortified foods may contribute to your total nutrient intake, but the overall health effects are not the same as when you eat foods that naturally contain these nutrients. Remember, the nutritional content on the label does not guarantee equivalent nutritional value.

For more information please visit: www.rediscoverdairy.co.za or email: info@rediscoverdairy.co.za

