

**Have milk, maas  
or yoghurt  
every day**



*The whole family needs dairy every day.*

**Get key nutrients  
from dairy.**



An initiative by the  
Consumer Education Project of Milk SA  
[www.rediscoverdairy.co.za](http://www.rediscoverdairy.co.za)



*For strong bones and teeth*



*To help with high blood pressure*



**Dairy training tool  
for clinics**

# About the project

## Background

The Consumer Education Project (CEP) is an initiative by Milk South Africa, which was established in response to comprehensive market research (2007) regarding consumers' perceptions towards and knowledge about the role of dairy in the diet. Results indicated that, despite the wide use of dairy products, many consumers have misconceptions and a lack of knowledge about the role of dairy in the diet. The project was subsequently set up to communicate health and nutritional messages regarding dairy products to both the consumers and health professionals in South Africa.

The project aims to:

- educate consumers on the health and nutritional benefits of dairy
- address misconceptions about dairy among consumers
- positively change consumer behaviour with respect to dairy consumption
- inform health professionals on new research and results on dairy, nutrition and health.

## Strategy

The project communicates expert knowledge from different disciplines to the identified target audiences through television, social media and print. A combination of sound scientific information and good understanding of consumer behaviour anchors the project. The project conveys messages that cannot be communicated adequately through conventional branded advertising.

**The communication campaign consists of two main elements:**

- general communication that delivers six key messages to consumers (LSM 6–10) through television, print and digital media
- specialised communication – aimed at providing health professionals with the latest scientific information on dairy nutrition and health.

## About the Dairy training tool

**The purpose of the tool:**

The CEP of Milk SA identified the need to extend the health and nutrition message to a larger spectrum of the population. To do this, CEP developed a Dairy training tool in the form of a flip chart, which can be used in provincial community clinics by dietitians, nutrition educators and health promoters. This specific training tool aims to communicate the Food-Based Dietary Guideline: Have milk, maas or yoghurt every day, as well as the importance of dairy as part of a healthy, balanced diet.

## How to use the training tool



The flip chart can be used either in a clinic situation to communicate with a client on a one-to-one basis or as an aid when doing house visits. Each message is developed over two pages.

The page facing the client carries a simple message with clear graphics or pictures to illustrate a particular topic. A detailed guide with supporting information appears on the flip side (facing the educator).

The script for the educator's message is in simple but scientifically sound language. The educator can decide to use all or only selected messages from the complete presentation.

## When to use the training tool



- For presentation to visitors of the pre- and postnatal clinic
- For presentation to mothers of patients in the paediatric wards
- For advising visitors to the clinic, such as pregnant women, new mothers or carers of extended families
- For advising mothers of teenagers visiting the clinic, or overweight teenagers visiting the clinic
- To guide any adult or child who forms part of a family visiting the clinic
- For basic nutrition education at community clinics or during house visits
- During specific health awareness days/weeks of the Department of Health, e.g. National Nutrition Week, National Osteoporosis Week, International Food Day, National Breastfeeding Day etc.

# Content

of the Dairy training tool

- About the project
- Everyone in the family needs to eat a variety of food
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- Everyone in the family needs dairy
- How much dairy do you need per day?
- Just add dairy
- Available varieties of milk
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- Dairy is good value for money
- Lactose intolerance



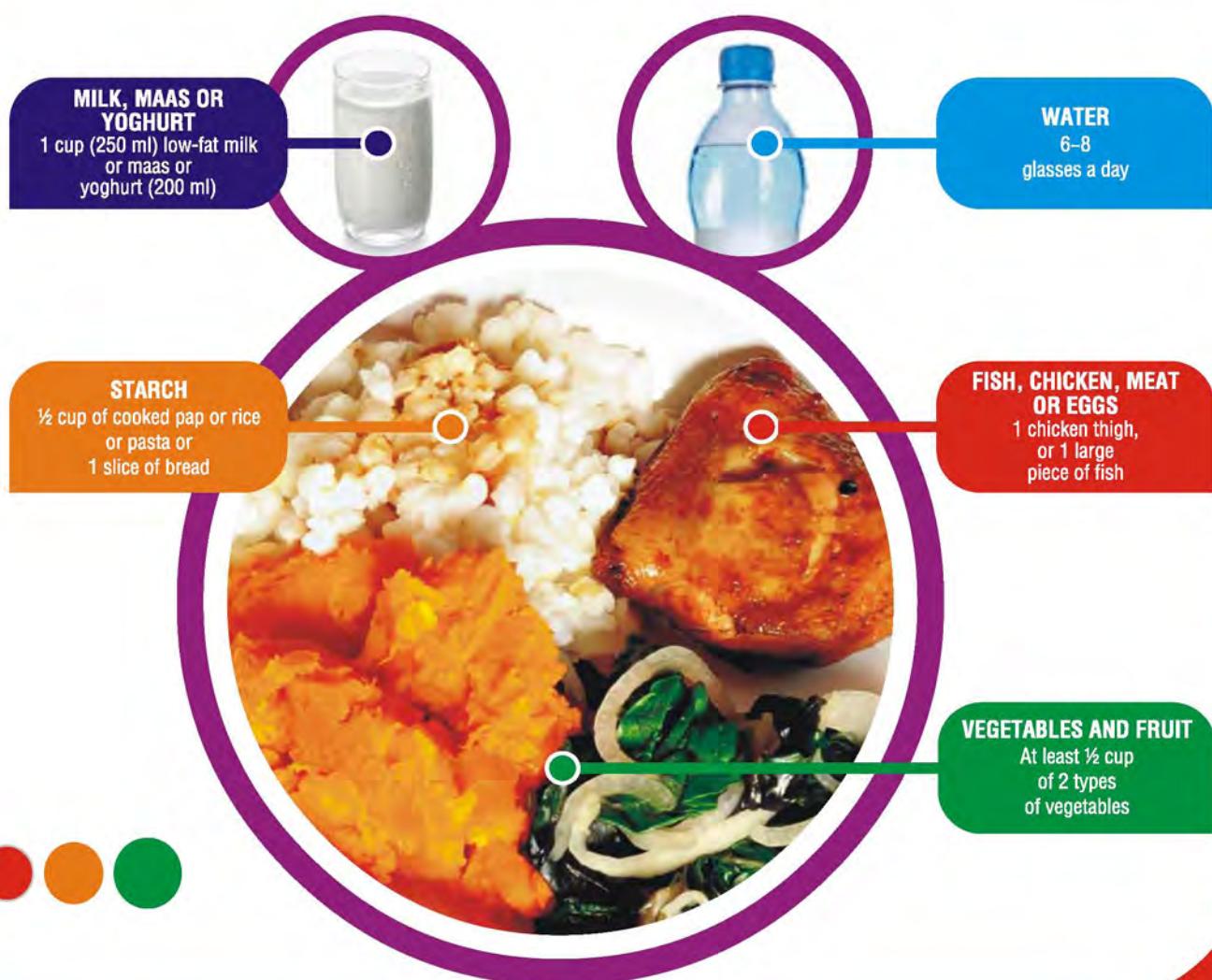
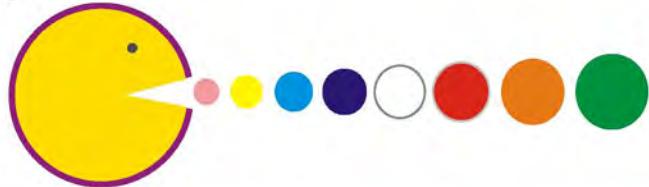


# Everyone in the family needs to eat a variety of food

**To ensure a variety of food we all have to eat mixed meals.**  
A mixed meal is a plate of food consisting of food from at least two or more food groups.

**Use these guidelines  
to ensure a variety of foods:**

-  Vegetables and fruit
-  Starchy foods
-  Fish, chicken, lean meat or eggs
-  Dry beans, split peas, lentils and soya
-  Milk, maas or yoghurt
-  Water
-  Fats
-  Salt and sugar



# **Everyone in the family needs to eat a variety of food.**

The Food-Based Dietary Guidelines (FBDG) of South Africa are aimed at promoting healthy eating in all people of South Africa. The FBDG do not focus on nutrients in foods, but rather serve as a guideline to eat healthy and cultivate good eating habits.

## **The official Food-Based Dietary Guidelines of South Africa state:**



Enjoy a variety of foods



Make starchy food part of most meals



Fish, chicken, lean meat or eggs could be eaten daily



Have milk, maas or yoghurt every day



Eat plenty of vegetables and fruit every day



Eat dry beans, split peas, lentils and soya regularly



Use salt and food high in salt sparingly



Use fat sparingly; choose vegetable oils rather than hard fats



Use sugar and food and drinks high in sugar sparingly



Drinks lots of clean, safe water



Be active!

## **Use these guidelines to ensure a variety of foods:**



Try to include 5 servings of vegetables and fruit every day.



Include a starchy food with every meal.



Lean meat, fish, chicken or eggs can be eaten daily.



Try to include dry beans, split peas, lentils or soya regularly.



Have 2–3 servings of milk, maas or yoghurt every day.



Drink 6–8 glasses of water every day.



Use fats sparingly and rather cook, boil, bake or grill food.



Use salt and sugar sparingly.



## **The foundation of a healthy diet includes eating a variety of food every day.**

Having a variety of food helps to ensure that an eating plan supplies all the nutrients you need and it makes meals more interesting. Including foods from all the different food groups in a day will ensure the necessary variety needed for a healthy eating plan.

Food is a source of nutrients. Nutrients can be seen as certain building blocks needed for life and health. Making healthy food choices helps the body to stay healthy; it improves the ability to do everyday tasks, improves mental ability and contributes to an overall sense of wellbeing.

A healthy eating plan provides the body with energy to function and helps prevent illnesses.

**To ensure a variety of food we all have to eat mixed meals. A mixed meal is a plate of food consisting of food from at least two or more food groups. These are usually eaten three times a day: at breakfast, lunch and supper. Eating regular mixed meals, of a similar size, is key to having a healthy eating plan.**

# Dairy products



Dairy products include:

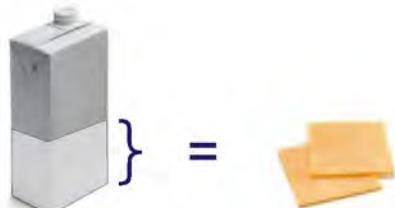
Milk



Amasi



Cheese is made from milk.



400 ml of milk makes 40 g of cheese

Cheese is a very dense source of milk.

This makes cheese a rich source of good-quality proteins.  
For this reason cheese can be used as an alternative  
for meat, chicken, fish or eggs.



Cheese



Drinking yoghurt



Yoghurt



# Dairy products

What is dairy?

**Dairy is a collective term for all products made from milk.**

Common dairy products include:

Milk



Amasi



Yoghurt



Drinking yoghurt



Cheese



**As part of a healthy diet  
everybody in the family needs  
to have dairy every day.**

**Did you know?**

- Cream and butter are made from the cream in full-cream milk. Although they come from milk they are grouped as part of the fat food group, because of their fat content.
- Cheese is a very dense source of milk. You need 400 ml of milk to make one portion of cheese (40 g).

**This makes cheese a rich source of good-quality proteins. For this reason cheese can be used as an alternative for meat, chicken, fish or eggs in the diet.**



**Possible questions to capture the audience's attention:**

**Q: Can you name any two dairy products?**

A: Milk, amasi, yoghurt, drinking yoghurt or cheese (accept cream and butter as well)

**Q: Is maas a dairy product?**

A: Yes.

**Q: Where does milk come from?**

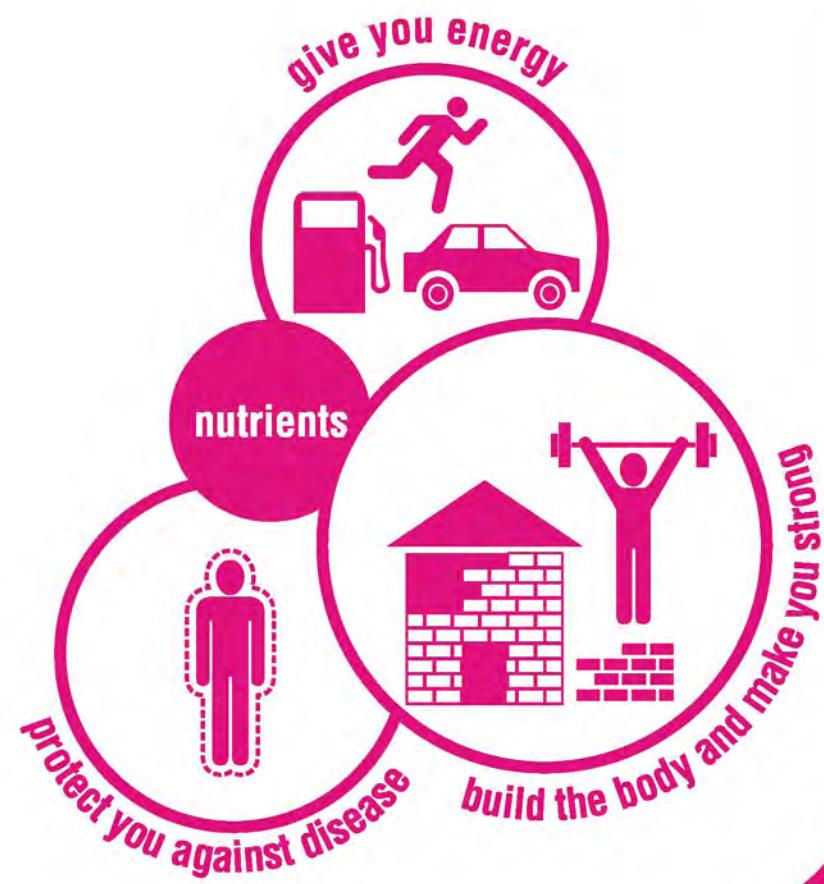
A: Milk comes from cows and any other mammals such as goats and sheep.



# Dairy nutrients



- Dairy gives you energy (fuel) to keep you going and enables you to work and play or do sport.
- Dairy is important to help you maintain a healthy body.



# Calcium from dairy builds strong bones



The skeleton is the framework onto which all muscles are attached.

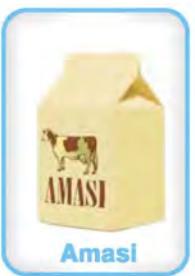
If you do not consume enough calcium as a child – and specifically as a teenager – you might not be able to deposit enough calcium in your bones to maintain your bones until old age.



Calcium is important throughout all the life stages.



Milk



Amasi



Yoghurt



Cheese

# Calcium from dairy builds strong bones.

The skeleton is the framework onto which all your muscles are attached. It is almost like a foundation of a house: **it needs to be strong.**

## You need strong bones:

- for a good posture – standing up straight
- to walk
- to do your work
- to play sport
- to grow properly and play (children)
- to stay strong and independent (self-sufficient) when you grow old.

The nutrient calcium in milk, maas, yoghurt and cheese helps you to form strong bones.

## What happens when you do not have enough dairy in your diet?

- You will not have enough calcium in your body.  
From a baby, throughout your growing years as a child and a teenager and up to the age of 30 years, your body can build strong bones. Calcium is deposited in your bones to form a strong foundation. From then on you have to maintain your strong bones. You can compare it to a savings account at the bank. You have to build up strong bones over 30 years – this is the balance in your ‘bone-strength bank account’.
- If you do not consume enough calcium as a child and specifically as a teenager you might not be able to deposit enough calcium in your bones to maintain your bones until old age.
- This may lead to decalcification of your bones later in life. This leads to a condition called osteoporosis. Osteoporosis is called a silent disease of age (you don't know you have it until it is too late). Your back becomes bent and your bones start crumbling and fractures become more evident. This can be a very painful illness.



## Did you know ?

- An adult needs 1000 mg of calcium a day.
- Teenagers need 1300 mg of calcium per day.
- During the teenage years 50% of your potential bone strength is formed with the help of the calcium that you take in from your diet. Therefore, teenagers specifically need to take in enough calcium to ensure strong bones.
- Other sources of calcium are sardines, almonds, broccoli, spinach/marogo and white beans.



1 GLASS  
OF MILK  
250 ml

= 300 mg calcium

You also get 300 mg calcium in:



14 slices whole-wheat bread



10 cups of spinach



2 1/2 cups of broccoli



6 servings of white beans

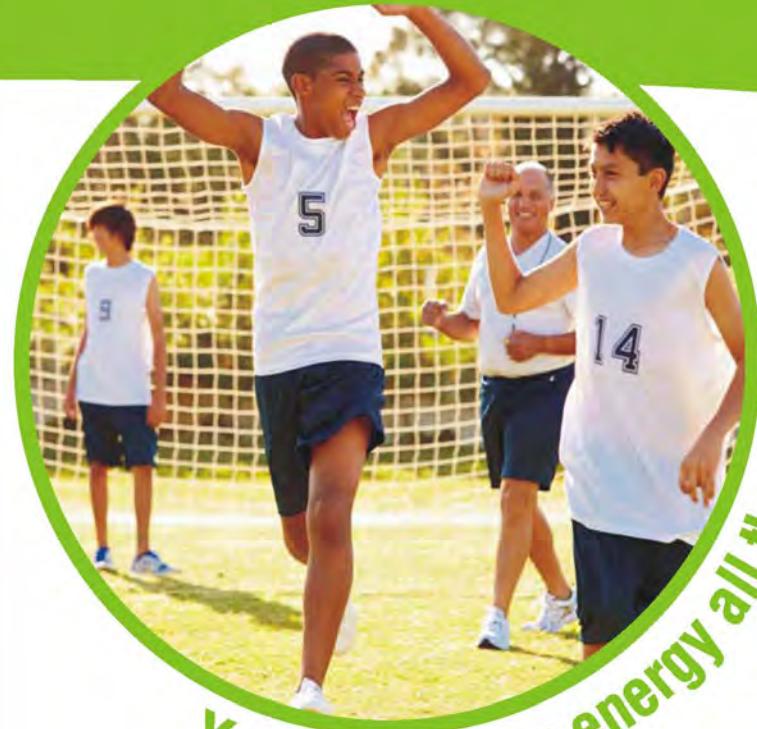


2 1/2 cups peanuts



7 pieces of sardines with bone

# Dairy as a source of energy (fuel)



Your body uses energy all the time!

Fuel up with dairy:



for good health and growth  
in your lunch box



to rehydrate and replace  
after exercising



helps muscles to recover  
as a sports drink

Dairy provides nutrients that give you energy (fuel) to keep you going all day and build your bones and muscles.

Your muscles use protein to make you strong.



The carbohydrate or sugar in milk is called **lactose**. It gives you **energy** and keeps you going. It does what petrol does in a car...it is what enables you to work and play.

The protein in milk breaks down to **amino acids**, which build body cells and muscles.

# Dairy as a source of energy (fuel)

Dairy provides nutrients that give you energy (fuel) to keep you going all day and build your body.

These nutrients are called carbohydrates and proteins.



The carbohydrate or sugar in milk is called lactose.

It gives you energy and keeps you going.

It does what petrol does in a car... it is what enables you to work and play.

The protein in milk breaks down to small particles called amino acids. Amino acids build body cells and muscles. Milk contains all the essential amino acids your body needs for growth and repair.

## This means that milk is a complete protein.

The protein in milk helps build strong muscles, which will make you strong and support your skeleton.

## Fuel up with dairy!



- Make sure to pack your child some milk or dairy in their lunch box for school and on sport days. It provides them with energy, protein, electrolytes and some very important other nutrients that are essential for good health and growth.



- Milk also contains the necessary water and electrolytes (potassium and sodium) you need to replace during or after exercise.



- Milk, maas or yoghurt is an excellent sports drink. Milk, and specifically flavoured milk, can give you the necessary energy before or after a sports game or workout. The protein in dairy will also help your muscles to recover and protect you against injury.

# Everyone in the family needs dairy



*Everyone in the family needs dairy in every stage of their life.*

## dairy™ 3-A-DAY FOR ALL

Three servings of dairy a day can help manage high blood pressure and is good for diabetics.

Milk, maas and yoghurt can help a diabetic person to maintain healthy blood sugar levels if taken as part of a healthy diet.



### Calcium requirements per day

In pregnancy

1200 mg to 1300 mg



to maintain mom's own bone mass and provide for the skeleton of her growing baby

Babies and toddlers

700 mg to 1000 mg



for growth and to prevent bone fractures

School-age children up to 9 years

1000 mg to 1300 mg



to keep up with their growing bodies and bones

Teenagers

1300 mg



during the teenage years, 50% of the total bone strength is formed

Adults

1000 mg



to maintain bone mass and a healthy skeleton

Elderly (older than 50)

1200 mg



to prevent decalcification of bone and to keep the framework strong

# Everyone in the family needs dairy.

Everyone in the family needs dairy in every stage of their life.

## It starts during pregnancy.

Because dairy is important for bone health and development, dairy is very important for a pregnant mother. When a woman expects a baby, she needs to make sure that she gets enough calcium to maintain her own bone mass as well as the skeleton of her growing baby. Healthy, sensible eating and planning are necessary to give your body and the growing baby everything needed for a healthy outcome. Dairy will help provide you and your baby with many of the important nutrients you need. It is important that you have three servings of dairy a day as part of a healthy diet while you are pregnant.

## In older people, milk and dairy are also an important source of protein.

Protein builds and maintains muscle strength and keeps you strong. With age people lose skeletal muscle mass. This means that bone and muscles become weak, preventing the elderly from moving fast and easily and making them more dependent on help from others. This problem is called sarcopenia. The quality of protein in dairy helps prevent the loss of bone and muscle mass in the elderly.

**Including milk, maas or yoghurt in the diet of the elderly may help to keep them stronger for longer.**

Patients suffering from **hypertension** and **diabetes** can also benefit from consuming dairy. Because dairy is a source of the minerals calcium and potassium, it also plays an important role in maintaining healthy blood pressure.

**Three servings of dairy a day can help you manage high blood pressure. Someone suffering from sugar diabetes can also benefit from consuming dairy every day. Milk, maas and yoghurt can help a diabetic person to maintain healthy blood sugar levels if taken as part of a healthy diet.**

## Your daily calcium needs during the life cycle:

Stage	Need or function	Requirements
Pregnant women	To maintain own bone mass as well as the skeleton of the growing baby.	Pregnant women need 1200 mg of calcium a day and pregnant teenagers need 1300 mg of calcium a day.
Babies and toddlers	Babies and toddlers go through a growth spurt and develop very fast. They need to get enough calcium from dairy to ensure proper growth and to prevent bone fractures.	From 1 to 3 years toddlers need 700 mg calcium per day and 4- to 8-year-old children need 1000 mg of calcium a day.
School-age children	Children need enough calcium to keep up with the needs of growing bodies and bones. They need to develop strong bones to play and take part in sport.	Children between 6 and 8 years need 1000 mg of calcium per day. From 9 years on children must take in 1300 mg of calcium per day.
Teenagers (age 10-18)	The need for calcium increases during the teenage years. During the teenage years, 50% of the total bone strength is formed with the help of calcium taken from the diet.	Children and young adults between the ages of 9 and 18 years need 1300 mg of calcium per day to ensure strong bones.
Adults	It is very important to maintain bone mass. Continuous intake of sufficient calcium is important to maintain a healthy skeleton.	Adults need to consume 1000 mg of calcium every day.
Elderly people	Calcium needs increase again with age. Older people need more calcium to prevent decalcification of bone and to keep the framework strong.	People aged 51 and older need 1200 mg calcium per day.

# How much dairy do you need per day?

One serving of dairy contains 300 mg of calcium.

THREE SERVINGS OF DAIRY  
are recommended

3



If you have three servings of milk or amasi it will still provide you with all the important nutrients from dairy.



OR



## Include dairy with breakfast:

Breakfast is the most important meal of the day. Children and adults should not leave the house before having something for breakfast.

If you have to leave home very early in the morning and cannot eat breakfast at home, take yoghurt or a carton of amasi and an apple or banana to have while you travel to work. Dairy can also be added to your lunch or dinner.



# How much dairy do you need per day?

It is recommended that you should have 3 servings of dairy every day.

## One serving of dairy contains 300 mg of calcium.

If the average adult needs to consume 1000 mg of calcium per day, 3 servings of dairy will provide at least 900 mg of their daily needs.

The interaction between calcium and the other components in milk also has specific health effects. To enjoy the health benefits of dairy, 3 servings of dairy are recommended as part of a daily diet.

## What is a serving?

- 1 glass (250 ml) of milk
- 1 cup (200 ml) of amasi
- 2 small tubs (200 ml) yoghurt
- 2 slices (40 g) cheese
- 1 (200 ml) drinking yoghurt



## How can you make sure you get 3 servings of dairy every day?

### Include dairy with breakfast:

Breakfast is the most important meal of the day. Children and adults should not leave the house before having something for breakfast.

If you have to leave home very early in the morning and cannot eat breakfast at home, take yoghurt or a carton of amasi and an apple or banana to have while you travel to work.

## Some breakfast options are:

- pap and amasi
- bread and a glass of milk
- cereal and milk
- yoghurt and a fruit
- bread and cheese and a cup of tea or coffee with milk



## Lunch and dinner ideas with dairy:

Always take a lunch box to work. It is cheaper to take food from home than to buy food every day. Your lunch box can include some amasi with pap, or milk with a peanut butter or cheese sandwich. You can even have drinking yoghurt to help you to fuel up. A little bit of yoghurt after dinner instead of having something sweet may be a good idea. Or, have a glass of milk or a milky coffee at bedtime to help you sleep well and maintain healthy blood sugar levels throughout the night.

If you can't afford to have a variety of dairy every day, sticking to only one source of dairy is perfect.

**If you have three servings of milk or amasi it will still provide you with all the important nutrients from dairy.**

And if three servings still sound too much, start with having at least one serving a day.



**The most important thing is that you should have milk, amasi or yoghurt every day!**

# Just add dairy...



Add valuable protein and nutrients to your diet.

Add dairy at breakfast time:



## Just add milk or dairy to your next meal.

Just by adding dairy to your meal, you can increase the complete nutritional status of your meal, and your daily diet.

Add dairy to your lunch and dinner:



- Have milk and bread for lunch.
- Warm up left-over pap and add some amasi to it.
- A drinking yoghurt can be a meal on the run.
- Have yoghurt as a snack or add a fruit to it for a healthy lunch option.
- At dinner you can grate cheese on vegetables or make a white sauce.
- Yoghurt can be a good option for something sweet after dinner.
- A glass of milk at bedtime will make you sleep better.

# Available varieties of milk

Whether you buy fresh (pasteurised), powder or long-life milk, you and your family will benefit from all the nutrients in dairy.

Milk is much lower in fat than many popular foods.

Full-cream milk typically contains 3.4% fat. Medium-fat milk typically contains 2% fat.

Low-fat milk contains 1.5% fat.

Fat-free milk typically contains less than 0.5% fat.



All types of milk are equally nutritious.

## Heat treatment of milk (pasteurisation)



**Raw milk is not safe to drink.**

Raw milk is not safe and should be boiled before use.  
Raw milk is milk that is used just as it comes from the cow.  
Such milk has not been heat treated and may carry bacteria  
that can have serious health risks.

When the fat is removed from milk the vitamin A content of the milk decreases.

Look out for these different heat treatments on the milk container:

**Pasteurisation (fresh milk)**

**Ultra pasteurisation**

**Ultra-high temperature**

(can be called UHT milk or long-life milk)

**Sterilisation**

(can be called long-life milk)

# Available varieties of milk

## What milk should you buy?

Milk is available in **full-cream, medium-fat, low-fat and fat-free** options. You can buy it from the shop **fresh (pasteurised)**, as long-life milk in **boxes** (called UHT milk) or in a **powder** form.



Milk is much lower in fat than many popular foods.

Full-cream milk typically contains 3.4% fat.

Medium-fat milk typically contains 2% fat.

Low-fat milk typically contains 1.5% fat.

Fat-free milk typically contains less than 0.5% fat.

The difference between medium-fat, low-fat, fat-free and full-cream milk is that the fat has been removed from the full-cream milk product through a process called centrifugation. The only nutrients found in the fat of the milk are fat-soluble vitamin A and some fatty acids. Therefore, when the fat is removed from milk the vitamin A content of the milk decreases. For this reason children should have full-cream milk to prevent vitamin A deficiency. Vitamin A deficiency is a big problem in South Africa. The essential fatty acids in full-cream milk also play a part in brain development of young children.

**All types of milk are equally nutritious. You and your family will benefit from all the nutrients in dairy, whether you buy fresh, powder or long-life milk.**

## Heat treatment of milk

Heat treatment is used for many different food types.

Proper heat treatment limits harmful bacteria that may be present in food and ensures that food is safe to use.

Milk is heat treated in different ways, namely:

**Pasteurisation (fresh milk)**

**Ultra pasteurisation**

**Ultra-high temperature**

(can be called UHT milk or long-life milk)

**Sterilisation**

(can be called long-life milk)

The label on the milk container will show what type of heat treatment has been applied.

**Raw milk is not safe to drink.**



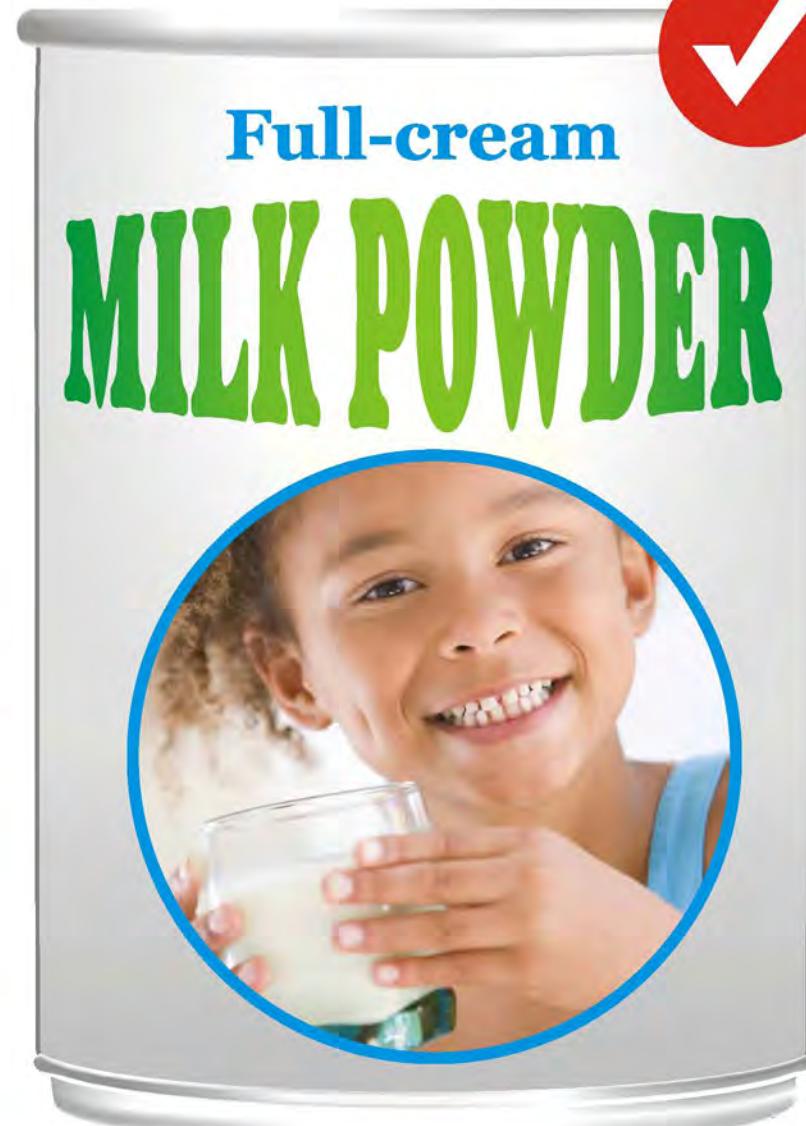
**Raw milk is not safe and should be boiled before use. Raw milk is milk that is used just as it comes from the cow. Such milk has not been heat treated and may carry bacteria that can have serious health risks.**

# Milk powder versus coffee creamers



**Coffee creamers have  
NO calcium, protein  
or any of the other important  
nutrients found in milk.**

X



# Milk powder versus coffee creamers

- Milk powder should not be confused with **coffee creamers**.
- **Coffee creamers** are made from vegetable fats and are not dairy.  
**They will not provide you with all the nutrients found in dairy.**  
**Coffee creamers have NO calcium, protein or any of the other important nutrients found in milk.**
- Coffee creamers cannot be used as a substitute for milk.
- Coffee creamers may not be used as an alternative to milk or formula milk for babies or children.

## Did you know?

Condensed milk and evaporated milk are also milk products but should not replace milk in the diet.

Condensed milk is sweetened and contains a lot of sugar, whereas evaporated milk is a concentrated form of milk that contains concentrated amounts of the milk nutrients and needs to be diluted if used as milk.



# Lactose intolerance



Benefit from the nutrients in dairy, even if you are lactose intolerant.

**Lactose is the natural sugar found in milk.**

People who are lactose intolerant often experience stomach pain, cramping, bloating, flatulence, diarrhoea and nausea after they have eaten dairy.



Confirm  
lactose intolerance  
with your doctor.

Here is how you can tolerate lactose better:

**sip it**



**stir it**



**slice it**



**spoon it**



**try it**



# Lactose intolerance

## What if I cannot have dairy...if it makes me feel sick?

Some people complain that they cannot drink milk or eat any dairy products because it makes them feel sick. Generally, they complain about a sore stomach or diarrhoea and gas or flatulence.



This refers to a problem called lactose intolerance.

**Lactose is the natural sugar found in milk.**

You need a digestive enzyme called lactase to digest the sugar lactose.

When you have a lack of lactase you have a limited ability to digest milk sugar (lactose). People who are lactose intolerant often experience stomach pain, cramping, bloating, flatulence, diarrhoea and nausea after they have eaten dairy.



Many people who suffer from lactose intolerance are self-diagnosed. Before excluding an important food group such as dairy, confirm lactose intolerance with your doctor.

**The good news is that you do not have to cut out dairy from your diet if you are lactose intolerant!**

## Here is how you can tolerate lactose better

Don't miss out! The nutrients in dairy are important for building strong bones and teeth and for overall health.

**You can benefit from the nutrients in dairy, even if you are lactose intolerant.**



**sip it**

Build up your tolerance. Start small and gradually increase your milk consumption.



**stir it**

Use milk together with other foods, like milk with cereal or pap, rather than alone on an empty stomach.



**slice it**

Cheeses such as Cheddar and Gouda contain very little lactose and are generally well tolerated.



**spoon it**

Yoghurt and maas have less lactose and are better tolerated than milk.



**try it**

Full-cream milk may be better tolerated than low-fat or fat-free milk, or try lactose-free milk.

# Dairy is good value for money



Save money but still add valuable nutrients to your diet!



The nutrients in dairy make it good value for money.

**300 ml**

780 kJ  
14 g carbohydrates

+

all the valuable nutrients

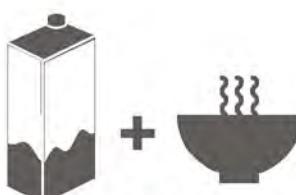


**340 ml**

595 kJ  
35 g carbohydrates

NO added nutrients

add 1 cup of milk to pap for  
**R3.63**



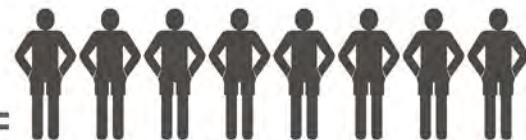
add 2 cups of amasi to half a loaf of bread  
**R10.15**



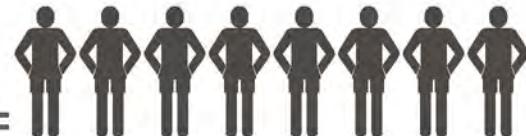
Dairy is not expensive if you consider what you get for what you pay.



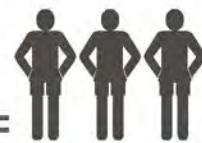
less than R23.99 =



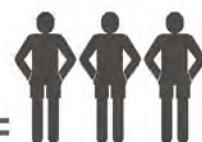
less than R30.00 =



less than R25.00 =



less than R20.00 =



# Dairy is good value for money.

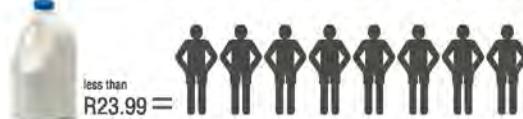
Dairy is not expensive if you consider what you get for what you pay.

Dairy provides a unique package of nutrients to the diet, which contributes to health.

Compare the price of a single meal of popular chicken take-away with chips for about **R29.90**

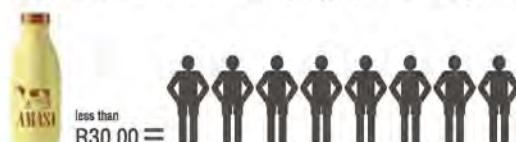
or  
a popular burger meal for one, for about **R35.00**, which will feed you for ONE meal only,  
to that of a

**2 L milk for R23.99\*** serving 8 cups of milk (250 ml each).



**For less than R30.00\* you can buy 2 L amasi.**

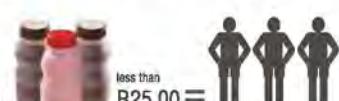
2 L of milk or amasi can feed 8 people (250 ml each) in the house and is also a source of protein.



**For less than R20.00\* you can buy 6 x 100 ml yoghurt.**



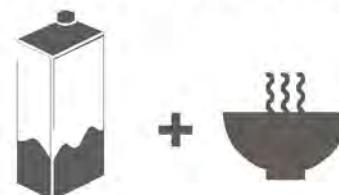
**For less than R25.00\* you can buy 3 x 300 ml drinking yoghurt.**



\* Prices current at the time of print

**So, save money but still add valuable nutrients to your diet:**

You can add 250 ml of milk to your pap at a cost of about R3.63.



You can add 500 ml amasi to half a loaf of bread for about R10.15 and feed 2 people in the family.



**The nutrients in dairy make it good nutritional value for money.**



**300 ml**

780 kJ  
14 g carbohydrates

+  
all the  
valuable  
nutrients



**340 ml**

595 kJ  
35 g carbohydrates

NO  
added  
nutrients