

GET IT ALL FROM DAIRY

Whether young or old, you need dairy. The nutrients in dairy give our bodies not only enough energy for the day, but also the nutrients to function at our best. Because dairy has specific benefits in all the different life stages, health authorities throughout the world recommend two to three servings of dairy a day.

The South African food-based dietary guidelines also recommend that we should have **milk, maas or yoghurt** every day.



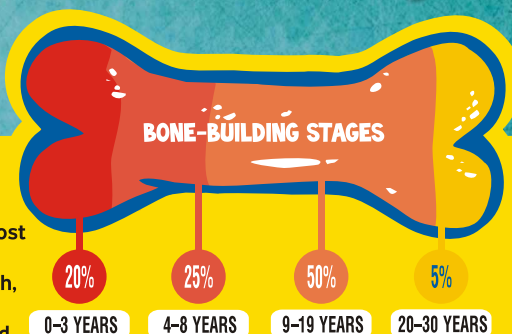
dairy™
3-A-DAY EVERY DAY

CALCIUM: The bone-building partner throughout life.

Taking care of our bones is important in all stages of life. A combination of sufficient calcium intake, physical activity and getting enough vitamin D can help to ensure optimal bone mass.

Dairy is a valuable source of calcium that is easily absorbed. This means that the body can use most of the calcium taken in through the diet effectively to build and maintain strong bones. Our bones continue to build and grow from birth. The teenage years are important for bone growth, as most growth occurs between the age of 9 and 19 years. It is important to consume enough calcium during this period to maximise bone density, as the bone mass built during childhood and the teenage years determines bone health later on in life. We need strong bones to lead active lives.

Consuming three servings of dairy every day from early childhood will help to build strong bones and reduce the risk of developing osteoporosis later on in life. Osteoporosis refers to bone losing calcium and other minerals, which results in brittle bones and a higher risk of fractures.



Are you getting ENOUGH CALCIUM?

1000–1300 mg per day for children and young people aged 4 to 18	1000 mg per day for adults	1200 mg per day for women over 50 and men over 70
BUILD	MAINTAIN	SUSTAIN
maximum peak bone mass	healthy bones	bone strength to avoid premature bone loss and sustain mobility and independence

1 SERVING OF DAIRY PROVIDES 300 mg OF CALCIUM
3 SERVINGS OF DAIRY = WILL PROVIDE YOU WITH ALMOST ALL THE CALCIUM YOU NEED

See how much of different foods you have to eat to get 300 mg calcium:

Animal-derived calcium sources Easily available and absorbable	Plant-based calcium sources Availability and absorbability influenced by other food particles
Milk 250 ml Yoghurt/maas 200 ml Cheese 40 g Sardines with bones 130 g	Spinach, cooked 2 cups Broccoli, cooked 7 cups Cabbage, cooked 9 cups Baked beans 3 cups

Make sure your child gets all the Go they need from dairy:

- Add milk or amasi to their cereal or porridge for breakfast or use it as a anytime drink in between or with meals.
- Start their day with a healthy smoothie by blending together yoghurt, fresh fruit and milk.
- Suggest a portion of yoghurt or drinking yoghurt and a fresh fruit as an on-the-go snack.
- Freeze a bottle of flavoured milk and add it to their lunch boxes.
- Flavoured milk after sport activities is the ideal sports drink.
- Add a serving of cheese to their lunch boxes or suggest having some cheese on bread.
- A piece of cheese directly after a meal is a good way to keep their teeth healthy.
- Try and have a glass of milk before bedtime to ensure a good night sleep.

