

Have **milk, maas** or **yoghurt** everyday

Adding milk, maas or yoghurt to your meal is a healthy food choice. Dairy will not only improve the taste of your meal but also provide important nutrients and so help to build a stronger, healthier body.



Calcium

needed for strong bones and teeth

Protein

builds strong bones and muscles to support the body

Just add dairy to your next meal for more value

What is dairy?



..... MILK

When making porridge, replace half the water with milk.



..... AMASI

Add milk or amasi (maas) to your pap, cooked porridge or cereal.



..... YOGHURT

Yoghurt is an excellent snack option for your lunch box.



..... MILK

Drinking a glass of milk with bread will make you feel fuller for longer.



Choose dairy - for extra taste and nutrients

Nutrients are the building blocks in food, which are needed for good health and a strong body.

Calcium and protein are some of the most important nutrients in dairy.

The importance of heat-treating milk

Heat treatment is used for many different food types. Proper heat treatment limits harmful bacteria that may be present in food and ensure that food is safe to use. Milk is heat treated in four different ways. The label on the milk container will show what type of heat treatment has been applied.

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

Pasteurisation

Ultra Pasteurisation

Ultra high temperature

(can be called UHT milk or long life milk)

Sterilisation

(can be called long life milk)



Raw milk is not safe ←



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.

It is illegal to sell raw milk in South Africa unless it has been approved by the health authorities

Storing milk at home

All fresh milk must be refrigerated (stored at less than 5°C). Long life milk must be treated as fresh milk once the package is opened.

It is essential to work cleanly and safely when storing your milk. Use buckets and containers that have been sanitised (washed with boiling water and air dried) to store milk.



dairyTM
3-A-DAY EVERY DAY

Aim for 3 servings of dairy per day.



Milk 250ml



Amasi 250ml



Yoghurt 200ml



An Initiative by the Consumer Education Project of Milk SA

For more information, visit us on www.rediscoverdairy.co.za or email • info@rediscoverdairy.co.za • (012) 991 4164