

Dairy products



Dairy nutrients



◀	Calcium	▶
◀	Protein	▶
◀	Magnesium	▶
◀	Potassium	▶
◀	Phosphorus	▶
◀	Zinc	▶
◀	Vitamin A	▶
◀	Vitamin B ₁₂	▶
◀	Vitamin B ₂	▶



Calcium from dairy builds strong bones



Milk



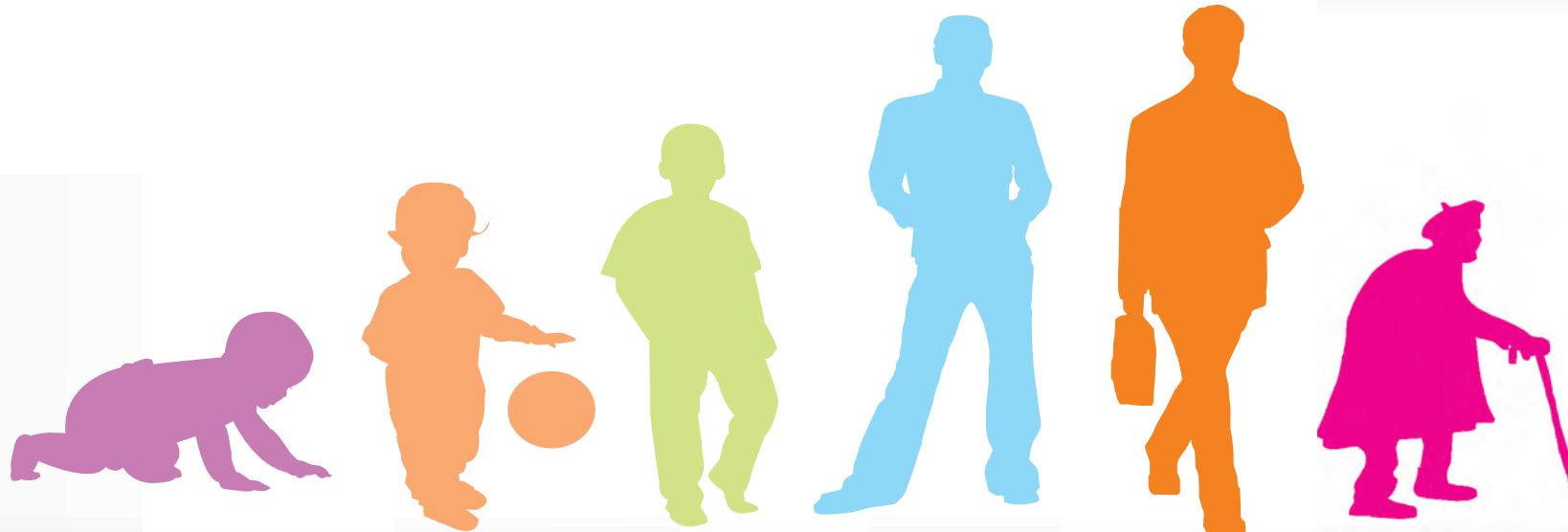
Amasi



Yoghurt



Cheese



An Initiative by the Consumer Education Project of Milk SA
www.rediscoverdairy.co.za

This poster must be used in conjunction with the **Dairy training tool** for clinics as a visual aid for the following pages: ●



dairyTM
3-A-DAY FOR ALL



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How to obtain 3 servings of dairy per day



<p>Maas (amasi) (200 ml)</p> 	<p>Milk (250 ml)</p> 	<p>Cheese (40 g)</p> 
<p>2 tubs of yoghurt (200 ml)</p> 	<p>1 bottle flavoured milk (250 ml)</p> 	<p>Cheese on bread (40 g)</p> 
<p>Drinking yoghurt (200 ml)</p> 	<p>5 cups of tea or coffee with milk (250 ml)</p> 	<p>Cottage cheese (275 g)</p> 
<p>Yoghurt (200 ml)</p> 	<p>Dairy custard (275 ml)</p> 	<p>2–3 portions of processed cheese (40 g)</p> 

In addition, the interaction between calcium and the other components in milk confer specific health effects. To enjoy the health benefits of dairy, three servings of dairy are recommended as part of a daily diet. A serving size of dairy is calculated to provide 300 mg of calcium per serving. Having three servings of dairy per day will give you at least 900 mg of the recommended daily amount of calcium.

Just Add



Yoghurt

Milk

Drinking Yoghurt



Milk varieties



Milk powder

