

# Rediscover Dairy

January 2022

In this newsletter, the **RediscoverDAIRY** team of Milk SA shares some of the highlights from the second half of 2021. The project reaches the diverse population of South Africa through focused activities and messages that resonate with each segment of the population.

Find out more about the Consumer Education Project (CEP) of Milk SA at [www.rediscoverdairy.co.za](http://www.rediscoverdairy.co.za) and follow them on their **RediscoverDAIRY Facebook** and **Instagram** pages.



## The dairy matrix drives dairy's many health benefits

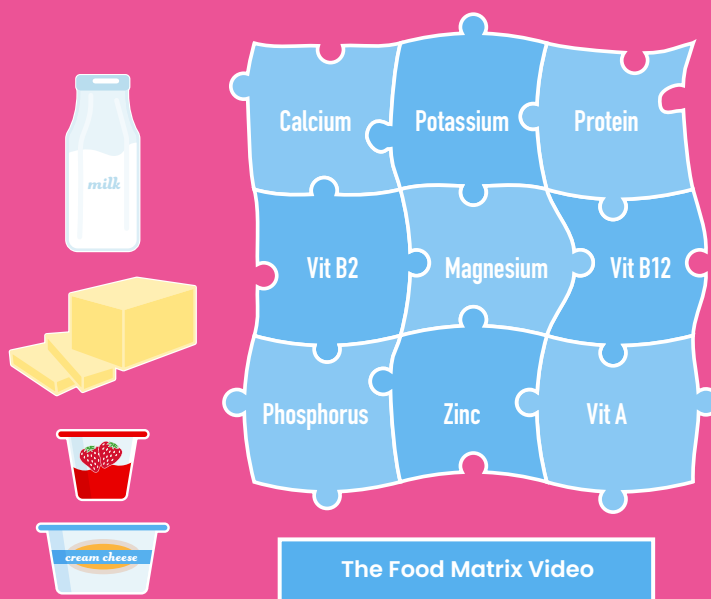
### What is the dairy matrix?

From a nutrient perspective, dairy products are all similar, yet they differ from one another with regard to composition and structure. Scientists have found that the unique interaction of the nutrients and other bioactive components in dairy – the **dairy matrix** – contributes to health and wellness.

Including **milk and dairy foods** in your diet will help to keep your **bones** healthy, your **blood pressure** in range and your **weight** under control. The dairy matrix has also been shown to help with **heart** health, improve overall **gut** health and lower the risks of some chronic diseases.

Having a whole food, 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.

These foods are tasty, convenient and affordable. **Explore** the many different ways in which you can use them to make sure you get all the goodness of dairy.



## Know your yoghurt

### Ever wondered which yoghurt to choose or which is best for your child?

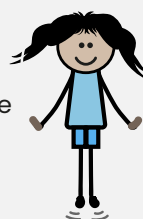
Should you choose fat-free or double-cream? Plain or sweetened?

Yoghurt lovers in South Africa are spoilt for choice with the vast range of yoghurts available on the market. Yoghurt is **rich, creamy, and unapologetically satisfying**.

But did you know that eating yoghurt is also linked to making **healthier diet and lifestyle** choices? Research has shown that people who eat yoghurt regularly tend to limit how much fast food they eat, and drink fewer soft drinks and less alcohol than people who do not have yoghurt regularly.

The CEP developed two articles to explain the role of yoghurt in a healthy diet and a review on the different yoghurt options available. Read them here to find out more about why you should include yoghurt as part of a **healthy and balanced diet**:

- Why **active women** love yoghurt



- Why yoghurt is a healthy eating gateway for **kids**

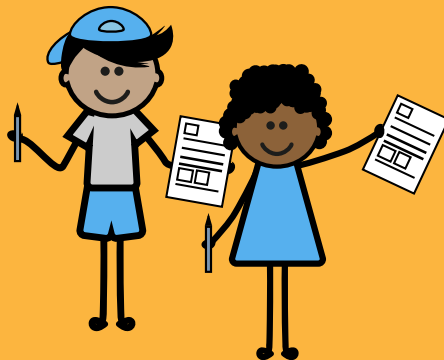


A review on 'Know your yoghurt' can be found [here](#)

# School activity sheets

The **DairyKids** school programme is aimed at teachers and learners. A teacher's guide, fact sheets and class posters are available at [www.dairykids.co.za](http://www.dairykids.co.za) for grades R–3 (Foundation Phase) and grades 4–6 (Intermediate Phase).

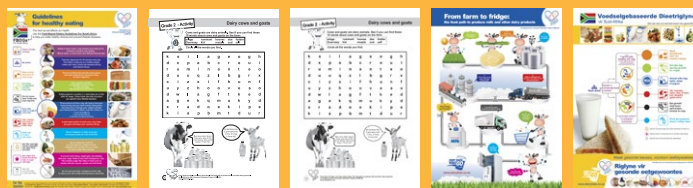
All material is aligned with the national curriculum of the Department of Basic Education.



In 2021, the CEP extended its **school programme material** by also developing **dairy-centred activity sheets** for these school phases.

The activity sheets offer learners an opportunity to find out where dairy comes from and understand its role in building a healthy body.

The activity sheets are available for download at <https://www.dairykids.co.za/foundation-phase/> and <https://www.dairykids.co.za/intermediate-phase/>.



## Evidence-based reviews for health professionals Lactose, the unsung hero

Lactose intolerance is often the first thing people think about when hearing about lactose. This is a pity, because there is more to lactose than simply the uncomfortable symptoms some people experience when having milk and dairy.

Lactose, the sugar naturally found in milk, is not a nutrient that we eat in isolation. It is part of the food matrix of milk and dairy products, and considered an **intrinsic sugar**. Because it is **naturally consumed together with a variety of important nutrients**, it cannot be compared to the sugar added to food during processing.

When talking about nutrition, it is important that health professionals advocate a **food-centred approach** in which the consumption of nutritious whole foods is encouraged, rather than bowing to fearmongering focused on specific nutrients.

This is one of the reasons why the South African food-based dietary guidelines document focuses on food rather than nutrients.

The review explains how lactose contributes to good health. It unpacks the **difference between added sugars (free sugar) and intrinsic sugar**, and why intrinsic sugar, such as in whole foods like milk, vegetables and fruit, does not increase the risk for obesity or other non-communicable diseases.



As part of the dairy matrix, lactose contributes to **positive health effects**, such as **calcium absorption** and **bone health**.

Read the **full review here**.



An Initiative by the Consumer Education Project of Milk SA

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Contact the Consumer Education Project of Milk SA for more information on dairy health and nutrition and the value of dairy products. Learn more about the campaign at [www.dairygivesyougo.co.za](http://www.dairygivesyougo.co.za) or [www.rediscoverdairy.co.za](http://www.rediscoverdairy.co.za).