

Rediscover Dairy

June 2022

In this newsletter, the **RediscoverDAIRY** team of Milk SA shares some of the highlights from the first quarter in 2022. 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 and follow them on their **RediscoverDAIRY Facebook** and **Instagram** pages.



Evidence-based reviews for health professionals: The effect of dairy products on inflammatory biomarkers

Inflammation is a biological process that occurs when the body activates an immune response to protect itself from environmental stimuli such as dietary triggers, pathogens or toxins.

During the inflammation process, special chemical messengers are released, which initially may lead to redness, swelling or even pain.

This is a normal reaction and is generally short-lived, and consequently referred to as acute inflammation. However, if the inflammatory response presents more persistently, it leaves the body in a state of distress, which can trigger disease and illness.

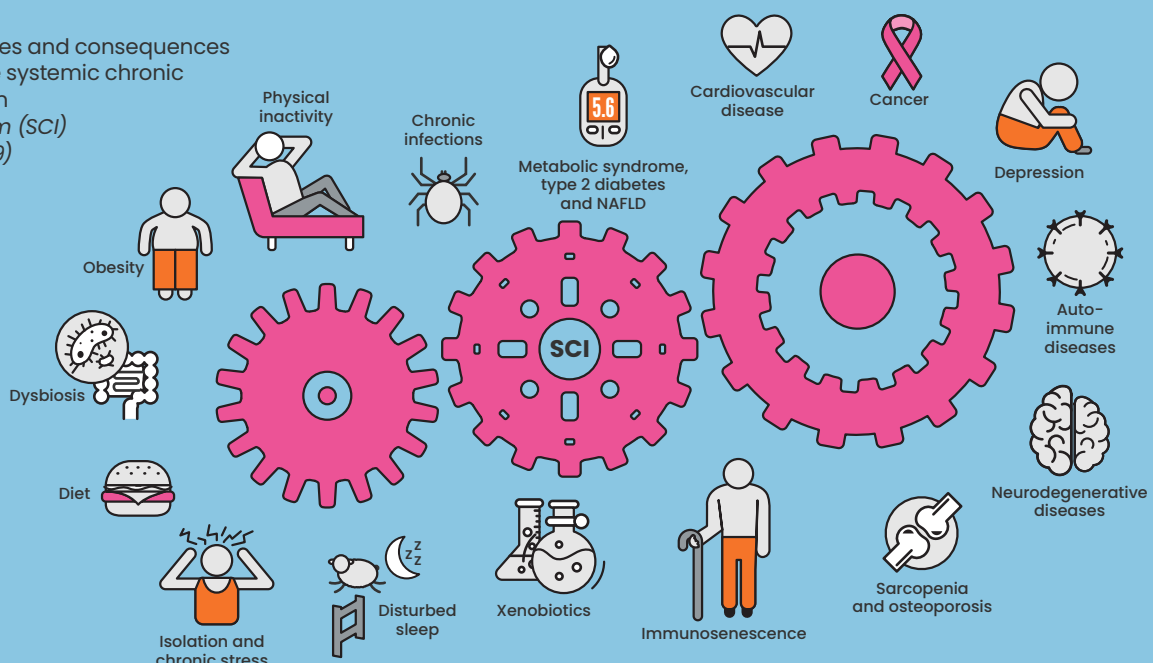
This type of inflammation is considered to be chronic. It is well known that dietary components in the foods we consume can potentially have either an anti- or a pro-inflammatory effect.

In recent years, dairy has received increased interest regarding its effect on inflammation, often unfairly fuelled by media claims and so-called 'research documentaries', which do not always have a scientifically balanced perspective. This sparked a growing interest in evidence-based research on dairy and inflammation. However, the nutritional composition of dairy, such as its lipid profile, relative leucine content or fermentation status, can affect its inflammatory potential.

This review reports the most recent research on dairy and the inflammatory response, which suggests that the consumption of milk and dairy protein has a neutral or beneficial effect on inflammatory biomarkers.

[Read the review here](#)

Figure: Causes and consequences of low-grade systemic chronic inflammation
Adapted from (SCI)
(Furman 2019)



In the media:

Affordable, dairy-based recovery strategies for athletes

Leisure sport and physical activity are an important part of everyday life for many South Africans. However, physical training does take its toll, and it's important to understand the **vital role of nutrition in recovery** after sport.

Just as dedicated you are to training right, so you have to be

to helping your body recover right through good nutrition.

Snacks and light meals that include milk and dairy help the body recover after strenuous activity – and they can easily be made part of the everyday diet, without breaking the budget:

The top affordable snacks and light meals for athletes are:

1 Eat Enough:



A **baked potato** topped with grated cheese gives the body carbohydrates and good-quality protein

2 Rehydrate properly:



A **glass of milk** is an excellent recovery drink, whether you like plain milk or flavoured milk

3 Take in enough protein to repair muscle tissue



Take in enough protein to repair muscle tissue – a **cheese sandwich** is an excellent choice

[Find out more:](#)

Continuing Nutrition Education Event

The CEP presented a **Continuing Nutrition Education (CNE)** event on 3 March 2022 at Avianto in Muldersdrift.

The day's theme, '**Sustainable diets: the complicated truth**', set the scene for presentations that unpacked the science behind sustainable diets in a practical context.

With increasing calls for consumers to shift to a more plant-based diet, the day focused on the important role of animal protein – and specifically the contribution from dairy – in healthy, sustainable diets.

Renowned international and local speakers shared current evidence-based research with delegates to, in turn, inform their consultations with clients.

The event was attended by 90 delegates*, who earned four continuing education units (CEUs) for attendance. Speakers received an additional unit.

** dietitians and nutritionists only*

A summary of the day can be read [here](#).



All the presentations can be viewed and listened to [here](#).

Continuing professional development activity for 2022

CEP's continuing professional development (CPD) activity is now in its fifth year. Nutrition professionals can earn up to 25 CEUs and five ethics units by choosing to read the 12 available peer-reviewed articles and completing the associated activity.

The articles are available [here](#) until 31 December 2022. Articles are also available in PDF format for interested industry members.

Consumer Education Project of Milk SA
Earn 30 CEUs
25 Clinical and 5 Ethical Points

2022

- Free of charge
- Easy to use system
- CEP Submit all participants' CEUs directly to the HPCSA

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QUESTIONNAIRES



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 or www.rediscoverdairy.co.za.