



MEDIA RELEASE

An initiative by the
Consumer Education Project of Milk SA

Dairy

YOUR KEY INGREDIENT

IN HEARTY WINTER MEALS


There's a long stretch of winter still ahead and one of the most important ways to take care of ourselves is to focus on healthy eating. When the temperature plummets, our nutritional and energy needs shift according to our lifestyle adaptations. Warming, hearty meals bring comfort and help to maintain body temperature, but we still need to keep our eye on the nutritional balance which supports our immune system and optimal body functioning.

There's a good reason why the South African food-based dietary guidelines advise that dairy should be eaten daily. Milk and other dairy products, have a unique nutritional profile featuring affordable high-quality protein and a spectrum of essential vitamins and minerals. It is one of the best sources of bone-building calcium and B vitamins as well as immune-supporting vitamins A and zinc. Dairy is packed with nutrients while also being convenient and ready-to-eat.

Dairy is also incredibly versatile, so there are plenty of ways to incorporate it in your daily winter eating habits when we are naturally inclined towards comfort eating. Milk, cheese, yoghurt, maas and buttermilk all lend themselves to such a wide range of meals and snacks, and often in such simple, quick and convenient ways. This makes it easy for you to achieve the goal of at least three servings of dairy per day. For instance, just whisking a serving of affordable buttermilk or maas into your morning scrambled eggs enhances the nutritional value of your breakfast while delivering an indulgent texture and longer lasting satisfaction.


Here, Rediscover Dairy provides winter-warming recipes to help you consume at least 3 servings of dairy each day:

SPICEY AND CREAMY, PERI-PERI CHICKEN LIVERS

 **NUTRITIONAL TIP:** Chicken livers are an excellent source of iron, which is vital for maintaining healthy red blood cells. Pairing them with a dairy-based peri-peri sauce adds delicious creaminess to the meal and contributes to your daily dairy requirements.




PREVENTATIVE AND RESTORATIVE, CHICKEN & VEG SOUP

 **NUTRITIONAL TIP:** This classic, comforting winter dish, often used for warding off colds and restoring health is enhanced by a serving of dairy to boost your intake of valuable nutrients like calcium, protein, and B vitamins. Adding dairy helps to support muscle repair and promote overall health, making this classic chicken soup an excellent choice for maintaining health during the winter months.




NOURISHING AND SATISFYING, COTTAGE PIE WITH CHEESY MASH

 **NUTRITIONAL TIP:** Elevate this warming winter favourite with a generous layer of cheesy mash on top that adds delicious flavour and texture as well as protein and calcium. These nutrients are crucial for muscle function and bone strength, while giving you the energy to stay active and resilient in colder weather.



ELEGANT AND FLAVOURFUL, TURKISH EGGS

 **NUTRITIONAL TIP:** This delicious brunch or breakfast dish features poached eggs served over garlicky yogurt. Yogurt contains less lactose than milk, making it suitable for people who are lactose intolerant.




COSY AND SWEET, BREAD & BUTTER PUDDING

 **NUTRITIONAL TIP:** Leftover bread that is going stale is perfect for making this favourite winter dessert. Enjoy, but remember that portion control when it comes to treats is key in maintaining a healthy eating pattern.




SAVOURY AND SUSTAINING, CHICKEN, CORN & POTATO BAKE

 **NUTRITIONAL TIP:** A creamy sauce in this casserole dish boosts your intake of calcium and phosphorus, which work together to maintain strong bones and teeth.





TASTY AND HEARTY, ONE-POT CHEESY CHICKEN & BROCCOLI BAKE

 **NUTRITIONAL TIP:** A simple, delectable one-pot meal perfect for a mid-week dinner. It features a generous helping of cheese, contributing to your daily dairy intake.




NUTRITIOUS AND NURTURING, ONE-POT CREAMY MUSHROOM ORZO PASTA

 **NUTRITIONAL TIP:** Slice mushrooms and leave them in direct sunlight for 15 minutes before using them. This simple step increases their vitamin D content, providing you with a natural source of this essential nutrient.




SCRUMPTIOUS AND SUCCULENT, CHICKEN ROGAN JOSH WITH YOGHURT

 **NUTRITIONAL TIP:** An easy mid-week winter warmer, redolent with spices and with added yogurt to balance the heat.



DELISH AND HEARTY, BAKED POTATOES WITH TOPPINGS

 **NUTRITIONAL TIP:** Skin-on baked potatoes boost your daily fibre intake and offer more nutrients. Swapping potatoes for sweet potatoes is another great option because they are rich in vitamins A and C, as well as fibre. Both choices are nutritious.



This winter, harness the deliciousness and nutritional power of dairy to stay healthy, strong and satisfied. Finding good reasons to add milk, cheese, maas and buttermilk daily will uniquely elevate not just the comfort factor but the nutritional value of your winter meals.



**For more dairy ideas join the RediscoverDAIRY Facebook page:
www.facebook.com/RediscoverDAIRY**

For find out more about dairy's role on healthy diets, visit www.rediscoverdairy.co.za

