

# Dairy

## Your health and performance



### dairy essentials



number 1.

# get it all

from milk and dairy

Dairy contains many nutrients that are good for you. Nutrients are the small particles in food that help your body function well. Milk and dairy provide three of the four nutrients normally lacking in the diet of South Africans, namely calcium, potassium and vitamin A.



The nutrients in milk and dairy products have been linked to a variety of health benefits, including:

- better bone health
- lower blood pressure
- weight control
- reduced risk of cardiovascular disease
- reduced risk of type 2 diabetes.



milk, maas, yoghurt and cheese gives you:



**calcium**  
as also found in pilchards (but remember to eat the bones)

**magnesium and potassium**  
as also found in bananas



**phosphorus**  
as also found in kidney beans

**vitamin B<sub>2</sub>**  
as also found in whole almonds or green leafy vegetables



**vitamin A**  
as also found in liver or the yolk of eggs

**vitamin B<sub>12</sub> and good-quality protein**  
as you also get from chicken, fish or meat



# Why dairy is good for you

Here are some of the important nutrients in dairy that contribute to maintaining a healthy body.

- Calcium** gives you **strong bones and teeth**.
- Vitamin A** is important for **good eye sight** and to **fight sickness**.
- Vitamin B<sub>12</sub>** is good for the **brain** and **memory function**.
- Vitamin B<sub>2</sub>** and **magnesium** help to **provide energy** to the body.
- Potassium** is good for your **heart and muscles**.
- Phosphorus** is good for **growth and repair** of your body.
- Zinc** is good for your **skin** and also helps you to **fight against sickness**.
- Protein** is good for **growth** and building **strong muscles**.

## choose healthy!

The nutrients in dairy give your body not only enough energy for the day but also the nutrients it needs to function at its best.



you need **3 servings of dairy** every day

# just add dairy...

Many South Africans have bread and maize meal porridge (pap) as staple food. This can lead to nutrient deficiencies, specifically of the protein building block lysine.

By adding dairy to your diet, you can improve the nutrient status of your meal.

Milk and dairy provide many valuable nutrients and good-quality protein to keep your body healthy and strong.



# what to buy?

You can buy fresh milk, long-life (UHT) or powder milk. All these products are equally nutritious and will provide you with the same nutrients.

choose between:



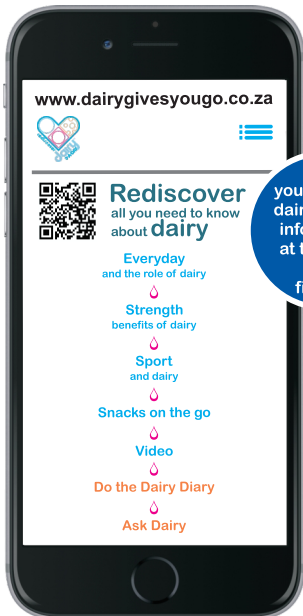
# What does Lactose intolerance mean?

Lactose intolerance is the limited ability to digest milk sugar (lactose).

People who are lactose intolerant often experience abdominal pain, cramping, bloating, flatulence, diarrhoea and nausea when they have consumed dairy.

The good news is that you do not have to cut milk and dairy products out of your daily diet if you are lactose intolerant. By choosing dairy products that are naturally low in lactose, such as cheese, yoghurt and maas, you can still enjoy the health benefits that dairy offer.

# Here's how to tolerate lactose better



Now you will have dairy-related information at the tip of your fingers.



www.dairygivesyougo.co.za/ask-dairy  
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When the fat is removed from milk, the only nutrient lost is vitamin A. Therefore, children, people with a low immunity and the elderly should best use full-cream milk. Low-fat and fat-free milk are good choices for people wanting to lose weight, diabetics and people with hypertension or heart disease.

be smart and choose wisely!



When buying milk powder, remember to look at the listed ingredients to be sure it is a real dairy product. Creamers and blends do not contain any of the nutrients found in dairy products.

Long-life milk can be stored on the shelf for up to six months. Once opened, it should be treated as fresh milk and stored in the fridge.

## sip it

Have small amounts at a time (125 ml or less). Build up your tolerance by starting small and gradually increase your milk consumption.



## stir it

Use milk together with other foods, like milk with cereal or pap, rather than alone on an empty stomach.



## slice it

Cheeses like Cheddar and Gouda contain very little lactose and are generally well tolerated.



## spoon it

Yoghurt and maas have less lactose and are better tolerated than milk.



## try it

Full-cream milk may be better tolerated than low-fat or fat-free milk, or try lactose-free milk.

