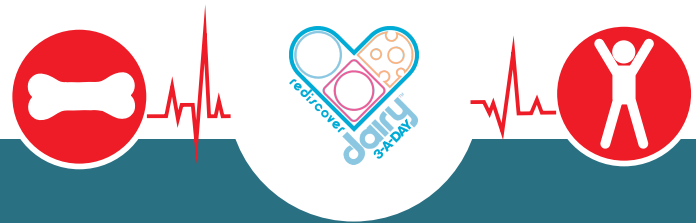


# Dairy

## Your health and performance



stronger bones,  
stronger you

number 2.

## The whole family needs dairy every day

Calcium is an essential mineral that helps to build strong bones and teeth. Taking care of your bones is important in all stages of life. You are never too young, or too old, to make sure your bones stay healthy.

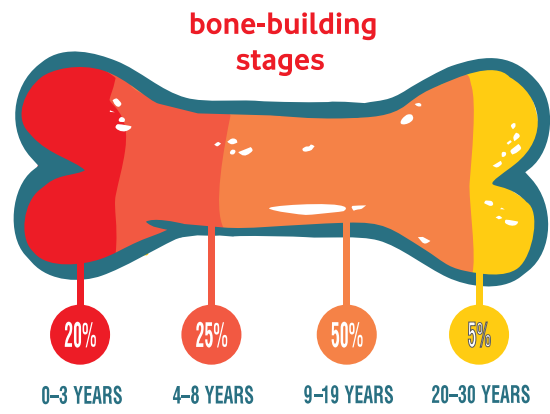
Dairy is a valuable source of calcium in the diet. Calcium from dairy is easily absorbed, meaning that your body can use most of the calcium effectively to build and maintain strong bones. Calcium obtained from food also enhances the positive effect of physical activity on bone mass during growth.

### calcium:

the bone-building partner throughout life

Your bones continue to build and grow from birth. Most growth occurs between the age of 9 and 19 years. During this period you have to consume enough calcium to maximise bone density and reduce the risk of osteoporosis later on in life. Osteoporosis refers to bone losing calcium and other minerals, which results in brittle bones and a higher risk of fractures.

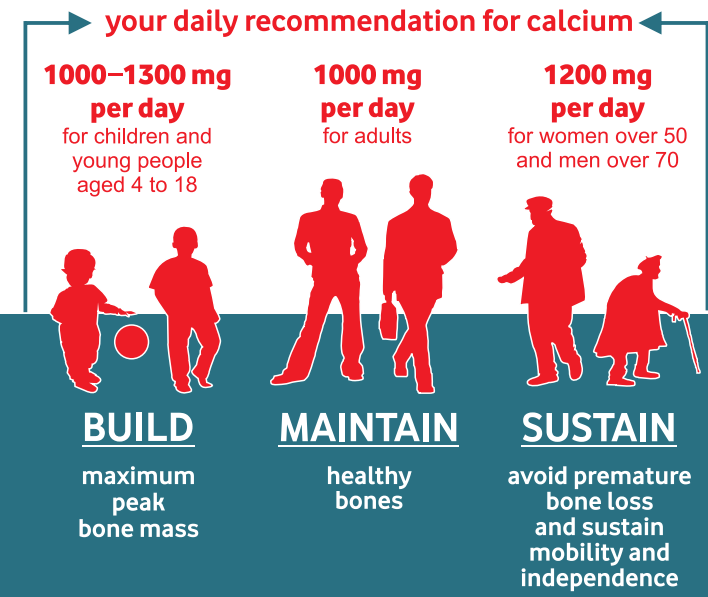
Your bones may start to lose calcium soon after you have reached peak bone mass by your late twenties. A combination of higher calcium intake, physical activity and getting enough vitamin D can help to ensure optimal bone mass.



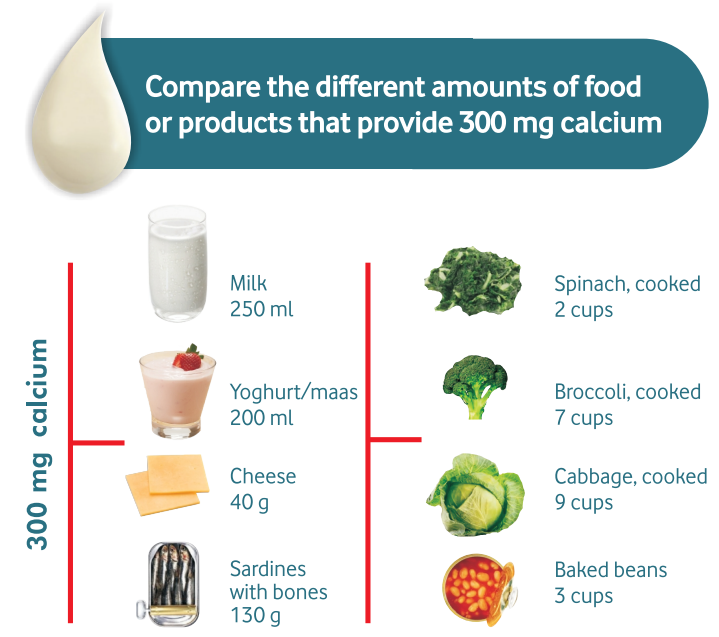
stocking up on calcium is most important between 9 and 19 years!

Remember that the bone mass built during childhood and the teenage years determines your bone health later on in life. Consuming three servings of dairy every day since early childhood will help to build strong bones, so that you can lead an active life.

## Are you getting enough calcium?



1 serving of dairy provides 300 mg of calcium



# TOP 3 sources of calcium

**2**  
Cheese

**1**  
Milk

**3**  
Yoghurt or maas

## 3 simple actions for stronger bones

**CONSUME**  
Increase your daily intake of calcium by having milk, maas, yoghurt or cheese.  
.....

**EXERCISE**  
Do some form of regular exercise, such as going for a walk.  
.....

**VITAMIN D**  
Spend time outdoors: sunlight helps your body to make vitamin D.  
.....

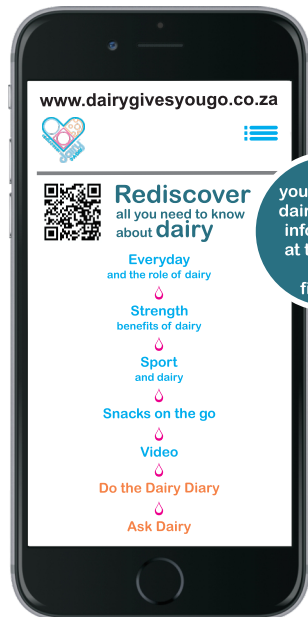
## Dairy helps to keep your teeth healthy

You can keep your teeth healthy by eating a balanced diet, practising good oral hygiene and going for regular dental check-ups. Tooth decay is a common problem, but can easily be prevented. Every time you eat and drink, your teeth are exposed to acid produced by the bacteria naturally found in your mouth (plaque). If the acid stays in contact with your teeth long enough, it can wear away the enamel of the teeth. This can lead to cavities and the start of tooth decay.

Consuming acidic foods and drinks (with a pH below 5.5) can promote tooth decay. Beer and wine, herbal teas, orange juice, sports drinks and fizzy drinks are examples of acidic drinks. Milk and water have a pH above 6 and are not acidic.

## Choose dairy to help keep your teeth healthy.

Consuming sugary foods and drinks regularly is a leading cause of tooth decay. To reduce the risk of tooth decay, avoid unnecessary sugar in your diet and try not to snack or sip on such foods too often.



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



www.dairygivesyogo.co.za/ask-dairy  
 info@rediscoverdairy.co.za  
 www.dairygivesyogo.co.za  
 Consumer Education Project of Milk SA  
 Tel: 012 - 9914164

## The nutrients in milk and dairy can help boost sports performance

Dairy products are packed with nutrients that can help athletes build muscle and assist in recovery after strenuous exercise.

**CARBOHYDRATES** - to boost energy, combat fatigue, fill up fuel stores and ensure hydration

**POTASSIUM, SODIUM and MAGNESIUM** - to replace electrolytes lost through sweating

**FLUID** - to prevent heat stress and exhaustion

**PROTEIN** - to help muscles recover

**CALCIUM** - to build and maintain strong bones

Dairy contains the minerals calcium and phosphorus and the protein casein. These nutrients help to build strong teeth and keep them that way.



Milk has a pH above 6, which means it is not acidic. Choose water or milk over sugary soft drinks or other acidic beverages. This is especially important for children.

Research has shown that eating hard cheese after a meal can help to protect against tooth decay.

Plain milk and sugar-free yoghurt are likely to have either a neutral or a beneficial effect on teeth.

**SERVINGS PER DAY**

**3**

Three servings of dairy a day will give everybody in the family enough calcium to build and maintain healthy bones and teeth.