

What is a **SERVE** of dairy?

The dairy food group includes milk, yoghurt, cheese and calcium fortified alternatives. It is recommended to choose reduced fat options for most people over two years of age to limit saturated fat intake.

Studies have found that consuming dairy foods:

- ✓ may help lower your risk of high blood pressure, heart disease, stroke, type 2 diabetes and some cancers
- ✓ provides a good source of calcium, assisting bone density
- ✓ gives us other nutrients including protein, iodine, riboflavin and vitamin B12

Plain milk and yoghurt contain the naturally occurring sugar lactose. This is a type of carbohydrate, which our bodies use for energy. Cheese is naturally low in lactose, so does not contain significant carbohydrate. Butter, cream and ice cream are high in saturated fat and sugar, and low in protein and calcium. Therefore they are regarded as discretionary foods and are not included in the dairy food group.

A serve of this food group equates to:

1 cup (250mL)
Milk
(fresh, UHT long-life,
reconstituted powdered milk)



1 cup (250mL)
**Calcium fortified
plant-based milk**
(soy, rice, oat or almond)



1/2 cup (125mL)
**Unsweetened
evaporated milk**



3/4 cup (200g)
Yoghurt



1/2 cup (120g)
Soft cheese*



2 slices (40g)
Hard cheese



| DAIRY – Recommended Daily Serving | | | | | | | | |
|-----------------------------------|-----------|-----------|------------|-------------|-------------|-------------|-------------|-----------|
| | 2-3 years | 4-8 years | 9-11 years | 12-13 years | 14-18 years | 19-50 years | 51-70 years | 70+ years |
| Male | 1 1/2 | 2 | 2 1/2 | 3 1/2 | 3 1/2 | 2 1/2 | 2 1/2 | 3 1/2 |
| Female | 1 1/2 | 1 1/2 | 3 | 3 1/2 | 3 1/2 | 2 1/2 | 4 | 4 |

Serve sizes based on the Australian Dietary Guidelines.

* Soft, semi-soft and surface ripened cheeses should be avoided in pregnancy i.e. brie, camembert, blue cheese, fresh or cold ricotta and fetta.