



Milk and dairy products, such as cheese and yoghurt, are great sources of protein and calcium. To make healthier choices, go for lower-fat milk and dairy foods.

Because they're good sources of **protein** and **calcium**, milk and dairy products form part of a healthy diet.

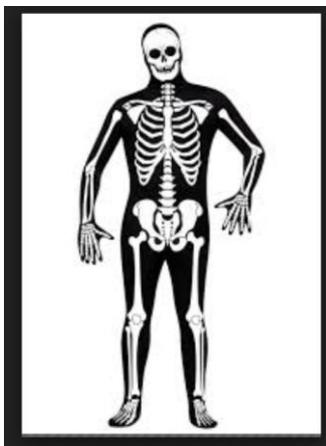
Our bodies need protein to work properly and to grow or repair themselves. Calcium helps to keep our bones and teeth strong. The calcium in dairy foods is particularly good for us because our bodies absorb it easily.

However, much of the fat in milk and dairy foods is saturated fat. For older children and adults, eating too much fat can contribute to excess energy intakes, leading to becoming overweight. A diet high in saturated fat can also lead to raised levels of cholesterol in the blood, and this can put you at increased risk of a heart attack or stroke. You can check the amount of fat, salt and sugar in most dairy foods by looking at the nutrition information on the label. If you compare similar products you will be able to make healthier choices.



Bone Health-Dairy products provide calcium, which is essential for bone growth and development. Bone growth is at its highest during childhood and the teenage years and therefore it is important that teenagers consume dairy products.

Optimising bone mass in this age group can help to reduce the risk of osteoporosis (a debilitating, brittle bone disorder) in later life -see section on dairy and bones.



Teeth-Dairy products contain calcium and other tooth friendly nutrients, which help teeth grow and keep them healthy -see section on dairy and teeth. It is the only drink -excluding water which is recommended by dentists to be safe to consume between meals.



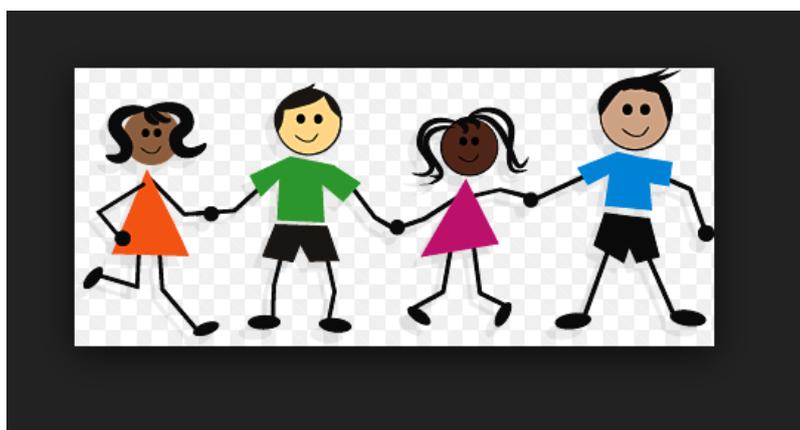
Dairy intake for pregnant women

Dairy foods are good sources of calcium, which is important in pregnancy because it helps your unborn baby's developing bones to form properly. But there are some cheeses and other dairy products that you should avoid during pregnancy, as they may make you ill or harm your baby. During pregnancy, milk should only be drunk if it's been pasteurised. Cows' milk that is sold in shops is pasteurised. However, you can still find unpasteurised or 'raw' milk for sale from farms, in farm shops and at farmers' markets. Check the label if you are unsure. If only unpasteurised milk is available, boil it first.



Dairy intake for babies and children under five

Milk and dairy products are an important part of a young child's diet. They are a good source of energy and protein, and contain a wide range of vitamins and minerals, including calcium, which growing children and young people need to build healthy bones and teeth.



Milk and Dairy

Name some milk and dairy products.

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What nutrients are contained in milk and dairy?

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What does our bodies absorb easily?

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What do we need calcium for?

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If you eat too much dairy what can happen?

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Name two types of people that need dairy, in their diet?

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