



Milk, yogurt and cheese

Low-fat milk and dairy foods such as yogurt and cheese are important sources of protein, calcium and vitamins A, D and B.



Have 3 to 4 servings a day

The protein found naturally in dairy foods helps to maintain strong muscles. Vitamin D is needed to help absorb calcium and therefore plays an important part in strengthening bone.



Look after your bones

Milk in sauces and milk puddings are a great way to help you get enough calcium. Calcium is needed to help build strong bones. Semi-skimmed and skimmed milk contain as much calcium as whole milk.



Go for low-fat

Reduced-fat or low-fat varieties are lower in fat but just as rich in important nutrients such as calcium and protein. These are very important as you get older.



Read the label

If you use a plant-based drink instead of milk choose an unsweetened, fortified soya drink with added calcium. Other plant based drinks can be low in calcium and protein, so remember to check the label.





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Aim to have three to four servings from this shelf every day



What is a serving?

Each of these examples shows **one serving** from the milk, yogurt and cheese shelf



1 glass (200ml) milk or fortified milk



1 glass (200ml) unsweetened soya drink fortified with calcium



1 bottle (200ml) yogurt drink



2 thumbs (25g) hard or semi-hard cheese such as cheddar or edam



2 thumbs (25g) soft cheese such as brie or camembert



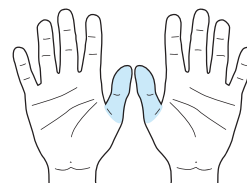
1 carton (125g) yogurt

Look for fortified milk and yogurt



Fortified milk and yogurts can contain a range of added vitamins, minerals and protein. They can be a great choice to help you meet your daily nutrition needs so remember to check the labels.

Serving guide



Use the width and depth of your two thumbs to as a guide serving size for cheese.