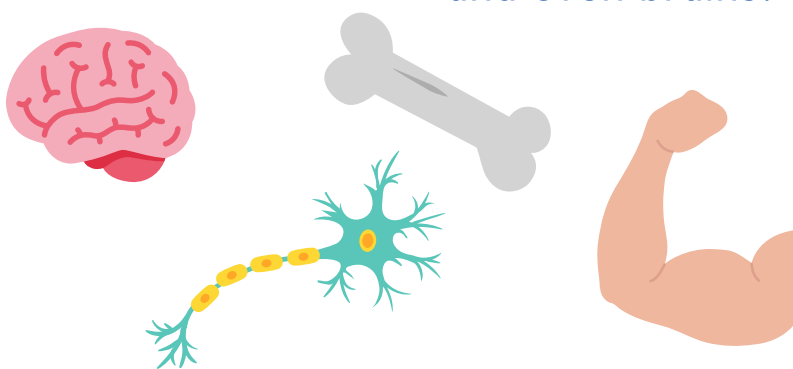


DAIRY

SOURCES AND PRODUCTION

WHY IS IT IMPORTANT?

It is important to have dairy or dairy alternatives in our diets as they provide a range of nutrients. These nutrients are good for our bones, teeth, muscles, blood cells, nerves and even brains!



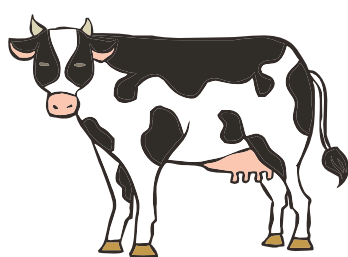
ALTERNATIVES

Some people need dairy alternatives for health reasons such as lactose intolerance or an allergy to cows milk protein. Also those following a vegan diet will not eat dairy. For these there are alternative food and drinks. For example, soya milk, yoghurts and cheeses, as well as milks made from rice, oat, almond, hazelnut, coconut, quinoa and potato.



PRODUCTION

All dairy products are made from milk. Most milk comes from cows on dairy farms, but can also come from goats, sheep and camels! Of all the milk produced just under half is for drinking, the rest made into other products. Cheese being the most popular.



SOURCES

Milk, cheese, cream, yogurt, quark and unsweetened calcium-fortified dairy alternatives. Butters and ice creams are not included in this group as high in saturated fat so should be eaten "less often and in small amounts"

HOW MUCH SHOULD WE EAT?

2

3

Recommendations in the UK state we should have 2-3 portions of dairy or dairy alternatives per day. Although we should try to use lower sugar and lower fat versions.

PASTEURISATION

Before drinking, milk needs to be made safe to drink as it contains bacteria. This process is called pasteurisation and involves heating the milk to a specific temperature for a specific period of time. Some products remain unpasteurised, sometimes described as containing "raw" milk. However children, pregnant women, older adults and those with weakened immune systems should avoid these as there is a risk of food poisoning.

