

## USEFUL FACTS

### Milk & Dairy

#### Nutritional Value

- Milk, and foods made from milk, provides energy, protein - vitamins A, D and B, and minerals such as calcium.
- Milk and milk products are the best natural sources of calcium. Calcium is an essential nutrient required by our bodies for healthy bones and teeth.
- Low intake of calcium in the daily diet can lead to osteoporosis in the later years of life.
- Osteoporosis is the disease where the bones become weak and thin, making them more susceptible to fractures.

#### Prebiotics & Probiotics

##### What are they?

- The gastro-intestinal tract usually contains large numbers of friendly bacteria (probiotic) that can protect against infection.
- A probiotic food is one that contains live friendly bacteria. Yoghurt is the most widely known and consumed example of a probiotic food.
- Prebiotics are used to describe food ingredients that your body is unable to digest, but have the potential to benefit you by stimulating the growth of friendly bacteria in your gastro-intestinal tract.
- While probiotic bacteria are important in maintaining good health, the evidence to support the theory that consuming them as part of a healthy diet has an effect on the immune system, cholesterol lowering or cancer protecting properties is inconclusive.

### Apricot Yoghurt Smoothie

Serves One

#### Ingredients

200 g carton low fat yoghurt  
 ¼ cup trim milk  
 ½ cup canned apricots in natural juice, drained  
 2 tsp Sanitarium honey  
 ¼ tsp vanilla essence  
 ¼ tsp cinnamon  
 2 ice cubes

#### Method

Place all ingredients in a blender and blend well. Serve in a tall glass. Sprinkle top with cinnamon.

#### Analysis per serve

Energy (kJ, Cal)	838,197
Carb (g)	33
Prot (g)	13
Fat (g)	2
Calcium (mg)	467
Sodium (mg)	190
Fibre (g)	2

**It is recommended that New Zealanders eat at least two servings of Milk and Dairy Substitutes daily!**

#### One serving =

- 1 cup (250 ml) milk
- 1 pottle (150 g) yoghurt
- 2 slices (40 g) cheese
- 2 scoops (150 g) ice cream
- 1 cup (250 ml) custard

### Dairy Foods

#### Dairy foods are animal products

- Milk
- Cheese
- Yoghurt
- Ice Cream
- Cream
- Butter

### Dairy Substitutes

#### Dairy substitutes are animal products

- Soy Drinks
- Tofu
- Milk-free Margarines

## Bright Tip!

Choosing low fat varieties of milk and dairy substitutes will help cut back the fat intake in your diet.