

Benefits of Milk in the Diet.....

Did you know?

- Milk is high in calcium which is essential for strong bones and teeth.
- 1 pint (568ml) of milk (whole, semi-skimmed or skimmed) provides at least 85% of the Recommended Daily Allowance (RDA) of calcium for adults.
- Milk is very nutritious. As well as being an excellent source of calcium and protein, it contains essential vitamins and minerals such as zinc, riblflavin (Vitamin B2), Vitamins B6 and B12.
- Contrary to popular belief, milk is NOT that high in fat – a glass of semi-skimmed milk (250ml) contains less than 5g of fat.
- All Dale Farm Milk is “bone friendly” – click on the link opposite to find out why.....

How much Calcium is enough?

The Department of Health introduced the concept of DRVs (dietary reference values) in 1991. They show the amount of energy or an individual nutrient that a group of people of a certain age range (and sometimes sex) needs for good health. Included within DRVs, are ‘Reference Nutrient Intakes’ (RNIs). This details the amount of a nutrient that is enough to meet the dietary needs of about 97% of a group of people.

Department of Health ‘Reference Nutrient Intakes’ (RNIs)

Age Group	Reference Nutrient Intake for Calcium
1 – 10 years	350-550mg
Teenage Girls	800mg
Teenage Boys	1000mg
Adult Men & Women	700mg
Breast Feeding Women	Extra 550mg (as well as 700mg)

Based on information from the Food Standards Agency.

For more information visit www.food.gov.uk

In line with these recommendations, Dale Farm recommends the following portion sizes for the various age groups. These form part of our ‘3-a-day’ campaign to try and encourage children in particular, to consume more low-fat dairy products as part of a well balanced diet.

Age Group	Portion Guide
1 – 7 years	100ml milk 80g yogurt 15g cheese
8 – 10 years	150ml milk 125g yogurt 25g cheese
Teenage & Adult Girls	200ml milk 150g yogurt 30g cheese
Teenage Boys	250ml milk 200g yogurt 35g cheese
Adult Male	200ml milk 150g yogurt 30g yogurt

Eating three low-fat dairy products a day helps to prevent tooth decay, lower blood pressure, may reduce the risk of breast cancer, may control against colon cancer and play an important part in weight control.

To find out more about '3-a-day', visit <http://www.dalefarm.co.uk/3aday/>