The dairy food group includes milk, cheese, yogurt and/or alternatives. One serve of dairy is equivalent to: 1 cup (250ml) of milk or 2 slices (40g) of cheese or 3/4 cup (200g) of yogurt or 1/2 cup (120g) ricotta. It’s recommended that more than 50% of intake from dairy foods is reduced fat varieties.

(Adapted from the NHMRC Australian Dietary Guidelines (2013). Canberra, Australia.)

Those who need to or prefer to avoid dairy products should choose alternatives products that have added calcium, such as calcium-enriched soy or rice drinks; these products should contain at least 100mg calcium per 100ml. Recommendations differ for children. To learn more visit: www.eatforhealth.gov.au

The information provided in this document is intended to be used as a guide only. Dairy Australia recommends that all persons seek independent medical advice and, where appropriate, advice from a qualified dietitian, before making changes to their dietary intake. Whilst all reasonable steps have been taken to ensure the accuracy of the information contained above, to the fullest extent permitted by Australian law Dairy Australia disclaims all liability for any inadvertent errors and for any losses or damages stemming from reliance upon the content. For further information on any of our resources, visit www.legendairy.com.au, or call our consumer line on 1800 817 736. © Dairy Australia Limited (ACN 105 227 987) of Level 5, IBM Centre, 60 City Rd, Southbank, Victoria, 3006, Australia. This brochure may be photocopied for non-profit or non-commercial applications. All other rights reserved. Aug 2014 DA0982