

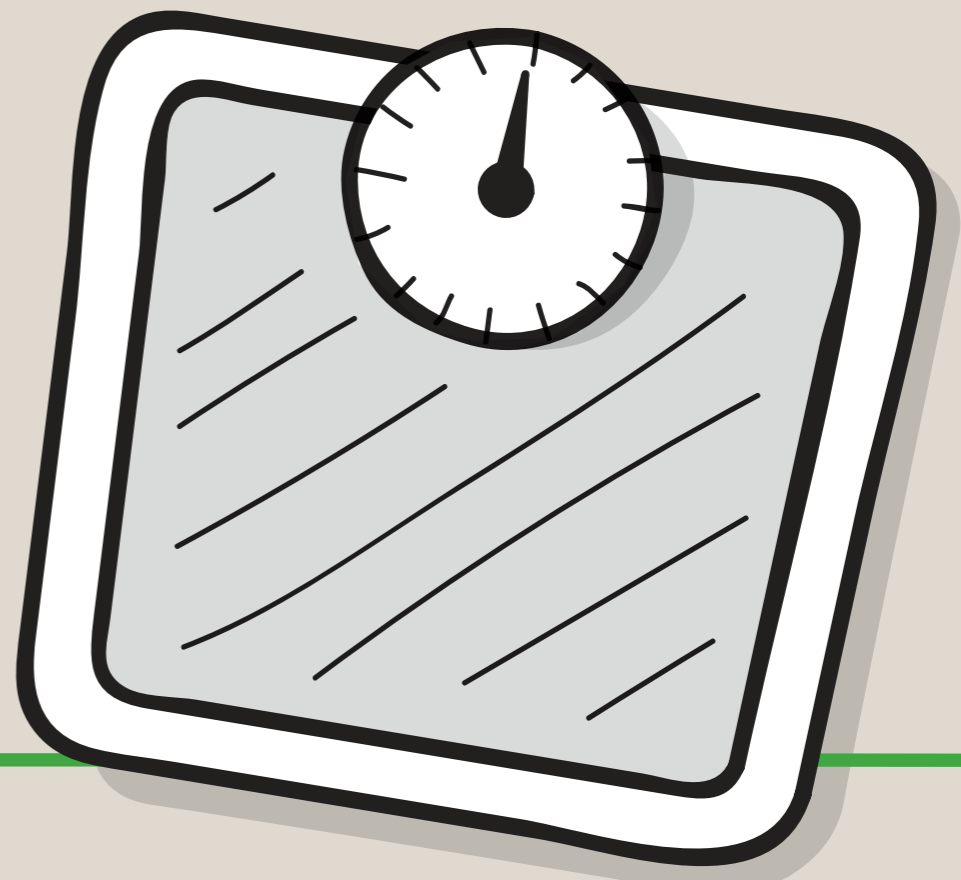
MILK, CHEESE AND YOGHURT



**HELP TO
REDUCE**

- Heart disease
- Stroke
- Hypertension
- Type 2 diabetes

Are **not linked** to weight gain or obesity



LACTOSE INTOLERANCE

People with lactose intolerance **can** still eat dairy foods



Up to **250ml** of milk in small amounts, spread across the day can be tolerated



Most **hard cheeses** are virtually lactose-free



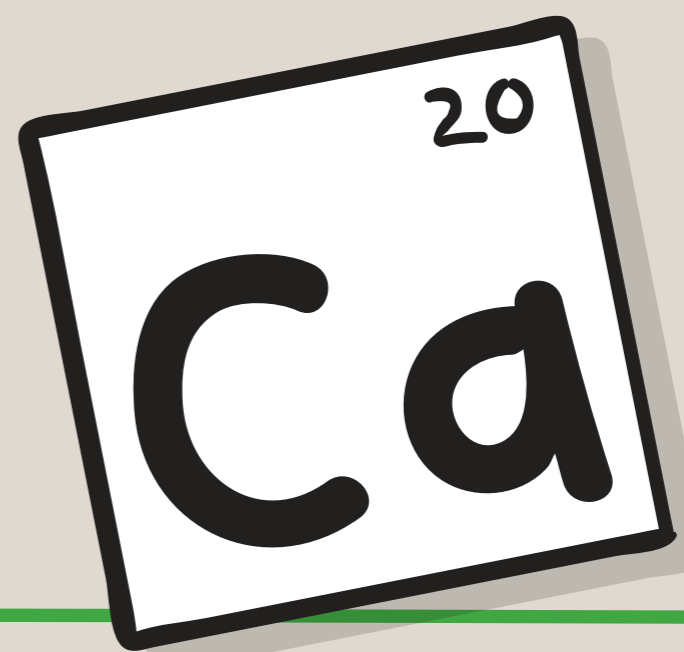
Yoghurt contains probiotics that **aid lactose digestion**

MILK

Effectively **re-hydrates** after a workout



Is the biggest contributor of **calcium** to the Australian diet



YOGHURT

Is a great **high-protein** snack

CHEESE

Cheese intake has been associated with **reduced risk of CHD and stroke**

To find out more go to foodthatdogood.com.au