

Milk, cheese and yoghurt

Help to reduce

- Heart disease
 - Stroke
 - Hypertension
 - Type 2 diabetes
- and **are not linked** to weight gain or obesity

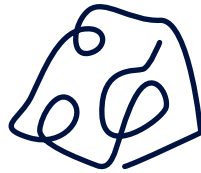


Lactose intolerance

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



Up to **250ml** of milk in small amounts, spread across the day can be tolerated and are not linked to weight gain or obesity



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



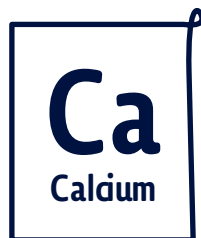
Yoghurt contains probiotics that **aid lactose digestion**

Milk

Effectively **re-hydrates** after a workout

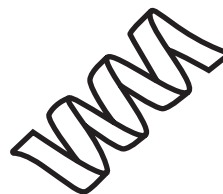


Is the biggest contributor of **calcium** to the Australian diet



Yoghurt

Is a **high protein** snack



Cheese

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



AUSSIE DAIRY MATTERS

Disclaimer

The content of this publication is provided for general information only and has not been prepared to address your specific circumstances. We do not guarantee the completeness, accuracy or timeliness of the information.

Acknowledgement

Dairy Australia acknowledges the funding contribution of the Commonwealth Government for eligible research and development activities.
© Dairy Australia Limited 2024. All rights reserved.