Along with vitamin D and weight bearing exercise, calcium is important for bone health. Most Australians are not getting enough serves from the dairy food group as recommended by the Australian Dietary Guidelines. Milk, cheese and yoghurt are some of the richest sources of calcium and also contain phosphorus and protein to help support and maintain healthy bones.


The information provided in this resource is intended to be used as nutrition education only. Whilst all reasonable steps have been taken to ensure the accuracy of the information contained within, 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, call 1800 004 377.

Copyright Dairy Australia Limited (ACN 105 227 967), Level 3, HWT Tower, 40 City Road Southbank, Victoria 3006, Australia. All rights reserved. 10/18

Visit dairyhealth.com.au for useful resources and education materials for healthcare professionals and patients.