

# FIVE WAYS TO GET MORE DAIRY IN YOUR DIET, WITH MAGGIE BEER



Milk, cheese and yoghurt are some of my favourite products to incorporate into my cooking. They are so versatile, full of flavour and provide a natural source of bone and muscle building nutrients, including calcium and protein.

As I get older, I've learnt through science how important it is to make sure I am getting enough dairy to help keep my bones and muscles strong, and to prevent fractures and falls in later life – I find it so easy to do because it's been part of my food life and that I've shared with my family, all my life.

And it's done me well, too. A recent bone density test has me at almost 77 years of age but the highest level of bone strength, plus because I live my life like a whirling dervish, I'm prone to falls just from rushing.

Here are some of my top tips for making sure you get enough dairy:

## 1. GET CREATIVE WITH YOUR COOKING

For me, it's about simple additions that are easy to do so that cooking becomes fun and indeed therapeutic, particularly if the outcome is something you'll love to eat that is so good for you. If I'm cooking alone, I have my music turned up and if with family, they get to help clean up too – so everything is shared and there are so many ideas to bring in more dairy to your meals

Each week, try a new idea. It could be as simple as roasted vegetables with a serve of ricotta to take it from a side dish into a meal in itself. Dairy can add so much and you may even find a new favourite dish like this one of mine...

To start you off, try my super cheesy mashed potato recipe. Mashed potato is always a crowd favourite in my home and this dish is so easy and an unbelievably delicious way of upping your dairy intake!

## 2. STOCK UP YOUR FRIDGE

When you head out shopping whether supermarket or corner store, make sure to add products like milk, cheese and yoghurt to your trolley, so you always have dairy on hand at home. Full fat dairy is a great option – it provides additional energy to the diet and adds a beautiful creamy mouthfeel to dishes. The great thing about dairy is that it's affordable, and you'll naturally find yourself reaching for more dairy products and doubling your dairy, without even realising!

## 3. DRINK YOUR NUTRIENTS

A lot of us are time poor, and a quick and easy way of making sure we are still getting our daily doses of dairy is to incorporate yoghurt and milk into a refreshing smoothie that can be enjoyed at any time of the day.

## 4. MIX UP YOUR TOPPINGS

Not all of us want to eat the same thing every day, so a great way to make sure we don't get bored with continual repetition is to mix up toppings for snack meals like yoghurt, fruit and granola. For meals at lunch and dinner, parmesan adds so much flavour to so many dishes and gives such great nutritional benefit.

## 5. PLAN AHEAD

Set aside time each week to try out one of those new recipes or map out how much dairy you are incorporating into each meal. Getting into a routine is a key way of making sure you are getting all of the nutrients needed to assist in bone and muscle health.

I love to prep my breakfast the night before and my current favourite breakfast dish is my overnight oats, they take no time at all to prep and are super delicious and homely – a wonderful way to start off the day with a dose of dairy! Planning ahead makes it so much easier to map out each food group you are consuming to make sure you are hitting the recommended targets in the Australian Dietary Guidelines. Check how many serves you need via [Australian Dietary Guidelines](#).

To try Maggie's recipes and for more information, visit [dairy.com.au/ageing](http://dairy.com.au/ageing)