

GOOD HEALTH AND NUTRITION

YOUR DAILY SERVES OF MILK, CHEESE AND YOGHURT

ONE SERVE OF DAIRY IS EQUIVALENT TO:
 1 (VP (250ML) OF MILK OR
 2 SLICES (40G) OF CHEESE OR
 3/4 (VP (200G) OF YOGHURT
 OR 1/2 (VP (120G) RICOTTA

THE DAIRY FOOD GROUP INCLUDES MILK, CHEESE, YOGHURT AND/OR ALTERNATIVES#

2½

serves per day



WOMEN 19-50 YEARS AND MEN 19-70 YEARS

3½

serves per day



MEN OVER 70 YEARS

4½

serves per day



WOMEN OVER 50 YEARS

(Adapted from the NHMRC Australian Dietary Guidelines (2013). Canberra, Australia.) #Those who need to or prefer to avoid dairy products should choose alternative 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 content of this publication including any statements regarding future matters (such as the performance of the dairy industry or initiatives of Dairy Australia) is based on information available to Dairy Australia at the time of preparation. Dairy Australia does not guarantee that the content is free from errors or omissions and accepts no liability for your use of or reliance on this document. Furthermore, the information has not been prepared with your specific circumstances in mind and may not be current after the date of publication. Accordingly, you should always make your own enquiry and obtain professional advice before using or relying on the information provided in this publication.