

Table 4(a) Mean daily servings of dairy for Irish adults aged 18-64 years

Total Population (n = 1274)		
	Mean	SD
Total Dairy	2.06	1.30
Total milk	1.18	0.96
Whole milk	0.62	0.90
Semi-skimmed milk	0.35	0.65
Skimmed milk	0.08	0.32
Fortified milk	0.11	0.37
Non-dairy milk alternative	0.02	0.15
Total cheese	0.63	0.70
Hard Cheese	0.47	0.66
Soft cheese	0.09	0.19
Cottage cheese	0.00	0.05
Processed cheese	0.06	0.18
Total Yogurt	0.24	0.39
Yogurt	0.21	0.38
Drinking yogurt	0.03	0.09
Non-dairy yogurt alternative	0.01	0.07

n - number; SD - standard deviation

Table 4(b) Mean daily servings of dairy for Irish adults aged 18-64 years analysed by gender

	Total Males (n = 634)		Total Females (n = 640)	
	Mean	SD	Mean	SD
Total Dairy	2.34	1.47	1.77	1.04
Total milk	1.38	1.08	0.99	0.78
Whole milk	0.82	1.06	0.43	0.65
Semi-skimmed milk	0.35	0.71	0.36	0.59
Skimmed milk	0.07	0.35	0.09	0.29
Fortified milk	0.13	0.43	0.08	0.30
Non-dairy milk alternative	0.02	0.17	0.02	0.12
Total cheese	0.74	0.82	0.52	0.55
Hard Cheese	0.56	0.76	0.37	0.52
Soft cheese	0.11	0.21	0.08	0.15
Cottage cheese	0.00	0.06	0.00	0.04
Processed cheese	0.07	0.19	0.06	0.16
Total Yogurt	0.21	0.41	0.27	0.38
Yogurt	0.18	0.40	0.24	0.36
Drinking yogurt	0.03	0.09	0.03	0.09
Non-dairy yogurt alternative	0.01	0.06	0.01	0.07

n - number; SD - standard deviation

Table 4 (c) Mean daily servings of dairy for Irish adults aged 18-64 years analysed by age group

	18 - 35 years (n = 531)		36-50 years (n= 437)		51 - 64 years (n = 306)	
	Mean	SD	Mean	SD	Mean	SD
Total Dairy	2.13	1.36	2.04	1.32	1.95	1.16
Total milk	1.16	1.01	1.24	0.97	1.14	0.86
Whole milk	0.62	0.97	0.67	0.86	0.58	0.82
Semi-skimmed milk	0.31	0.57	0.40	0.75	0.34	0.63
Skimmed milk	0.07	0.29	0.09	0.36	0.09	0.31
Fortified milk	0.14	0.44	0.07	0.30	0.10	0.34
Non-dairy milk alternative	0.03	0.20	0.00	0.06	0.02	0.12
Total cheese	0.75	0.72	0.59	0.73	0.48	0.59
Hard Cheese	0.53	0.66	0.46	0.72	0.36	0.53
Soft cheese	0.14	0.24	0.06	0.13	0.05	0.13
Cottage cheese	0.01	0.07	0.00	0.04	0.00	0.04
Processed cheese	0.07	0.16	0.06	0.17	0.07	0.21
Total Yogurt	0.22	0.39	0.22	0.35	0.32	0.46
Yogurt	0.19	0.38	0.19	0.34	0.27	0.43
Drinking yogurt	0.02	0.08	0.03	0.09	0.04	0.11
Non-dairy yogurt alternative	0.00	0.05	0.00	0.03	0.01	0.11

n - number; SD - standard deviation

Table 5 (a) Percentage of the population, adults aged 18-64 years, achieving the recommended 3 portions of total dairy per day.

Population Types	Number of participants	Under consumers	Consumers	Over consumers	Consumers*
		0 - 2.99 servings	3 - 3.99 servings	> 3.99 servings	2.6 - 3.4 servings
Total Population	1274	80.0	12.5	7.5	12.8
Males	634	72.2	16.1	11.7	16.1
Females	640	87.7	8.9	3.4	9.5
Age 18-35 years	531	77.8	13.6	8.7	13.4
Age 36 - 50 years	437	81.9	10.5	7.6	12.1
Age 51 - 64 years	306	81.0	13.4	5.6	12.7

*Consumers of the recommended 3 dairy servings using a range of 2.6-3.4 servings

