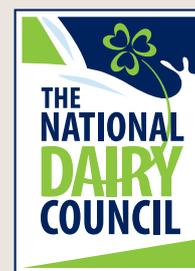


Dairy Intakes and Compliance with Food Pyramid Recommendations among Irish Adults Aged 65 years and over



Findings from the National Adult Nutrition Survey

The world's population is increasing in age with people in Ireland generally living longer than previous generations. Subsequently, healthy ageing is becoming an increasingly pertinent issue, with nutrition being a key modifiable factor. The "milk, yogurt and cheese" food group is associated with many benefits which may support healthy ageing. It also represents a food group that is nutrient dense, readily available, palatable and easy to consume.

The National Adult Nutrition Survey (NANS) is a nationally representative food consumption survey conducted by the Irish Universities Nutrition Alliance between the years 2008 and 2010. In 2012, the National Dairy Council commissioned a report on this data, focusing specifically on the dairy intakes of 18-64 year olds. Following on from this, in 2014 the National Dairy Council commissioned a second analysis to examine the dairy intakes in those aged 65 years and over.

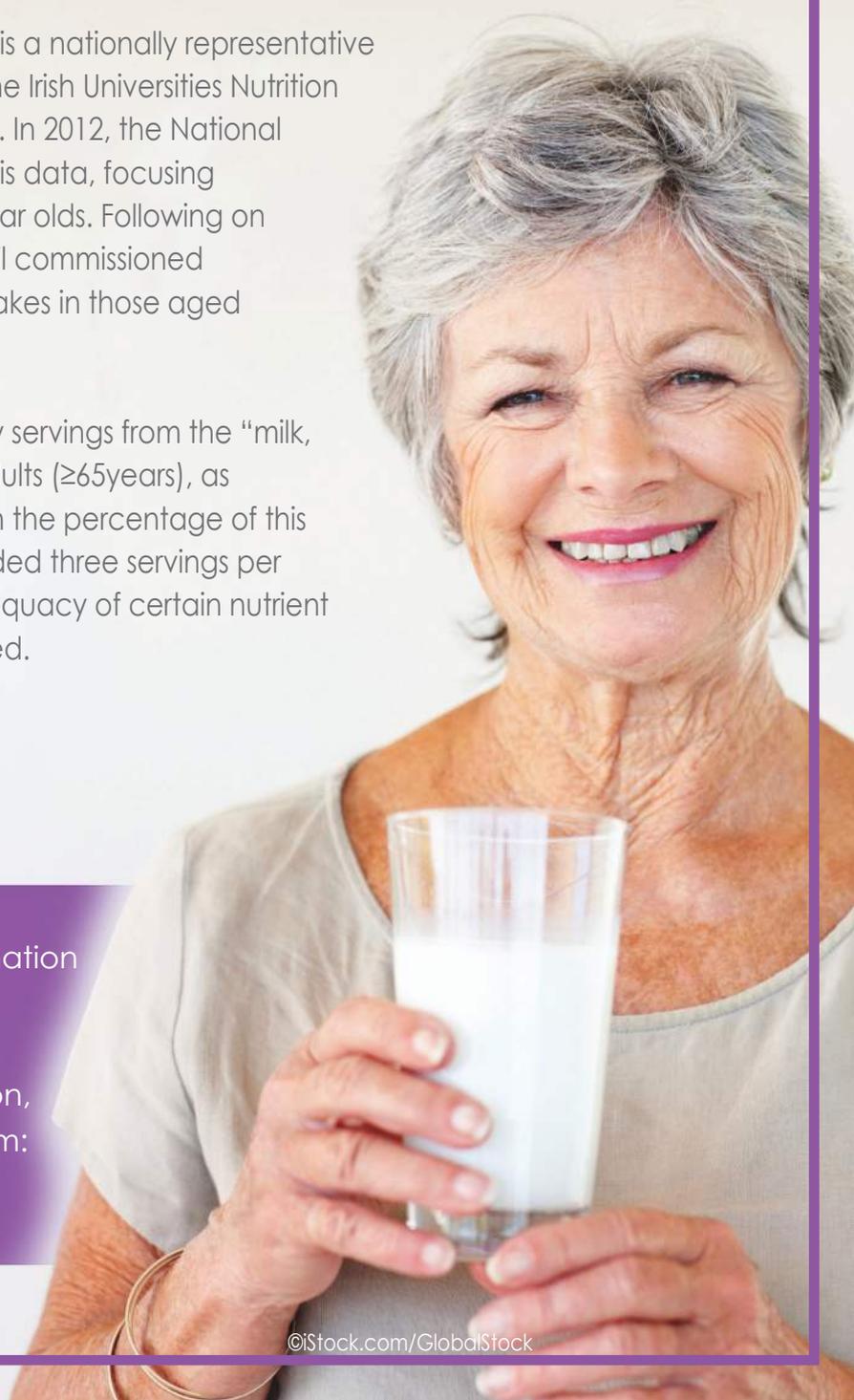
The following tables display the mean daily servings from the "milk, yogurt and cheese" food group for Irish adults (≥ 65 years), as reported in NANS, as well as information on the percentage of this population who achieved the recommended three servings per day from this food group. Data on the adequacy of certain nutrient intakes within this population is also included.

The full report, as well as further information on NDC research, is accessible at:

www.ndc.ie/health

For further information on dairy nutrition, please contact the NDC nutrition team:

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Mean daily servings from the “milk, yogurt and cheese” food group for Irish adults aged ≥65years

	Total Population (n = 226)		Males (n = 106)		Females (n = 120)	
	Mean	SD	Mean	SD	Mean	SD
Total dairy	1.92	1.2	1.93	1.2	1.90	1.1
Total milk	1.22	0.88	1.18	0.9	1.25	0.9
Whole milk	0.56	0.69	0.59	0.6	0.53	0.7
Semi-skimmed milk	0.38	0.65	0.36	0.6	0.41	0.7
Skimmed milk	0.06	0.23	0.07	0.2	0.05	0.3
Fortified milk	0.21	0.58	0.17	0.5	0.25	0.7
Non-dairy milk alternatives	0.01	0.05	0.00	0.0	0.01	0.1
Total cheese	0.43	0.65	0.55	0.8	0.31	0.4
Hard cheese	0.35	0.65	0.45	0.8	0.26	0.4
Soft cheese	0.02	0.08	0.03	0.1	0.02	0.1
Cottage cheese	0.00	0.04	0.00	0.0	0.01	0.1
Processed cheese	0.05	0.17	0.07	0.2	0.03	0.1
Total yogurt	0.27	0.43	0.20	0.4	0.34	0.5
Yogurt	0.23	0.40	0.16	0.3	0.28	0.4
Drinking yogurt	0.04	0.12	0.03	0.1	0.05	0.1
Non-dairy yogurt alternative	0.01	0.08	1.91	0.1	1.90	0.1

n = number; SD = standard deviation

Number of servings were estimated using: Department of Health and Health Service Executive (2012). Your Guide to Healthy Eating Using the Food Pyramid for Adults and Children over 5 Years of Age.

Number and percentage of Irish adults aged ≥65years achieving the recommended three servings per day from the “milk, yogurt and cheese” food group. Figures also presented in relation to over and under consumption of this recommendation.

	Total n	Number of daily servings					
		0 - 2.49		2.5- 3.49		≥3.5	
		n	%	n	%	n	%
Total population	226	169	74.8	34	15.0	23	10.2
Gender:							
Males	106	80	75.5	17	16.0	9	8.5
Females	120	89	74.2	17	14.2	14	11.7
Age group:							
65-69 years	82	57	69.5	15	18.2	10	12.2
70-74 years	67	51	76.1	9	13.4	7	10.4
≥75 years	77	61	79.2	10	13.0	6	7.8

n = number

Number of servings were estimated using: Department of Health and Health Service Executive (2012). Your Guide to Healthy Eating Using the Food Pyramid for Adults and Children over 5 Years of Age.

The adequacy of nutrient intakes among Irish adults aged ≥65years from food sources and supplements

Micronutrient	EAR*	Males (n = 106)			Females (n = 120)			
		Mean	SD	% meeting EAR	Mean	SD	% meeting EAR	
Total Vitamin A (µg RE/day)	500	1360.4	825.2	86.8	400	1327.7	945.3	94.2
Vitamin D (µg/day)	10	5.24	4.5	14.2	10	7.68	8.8	23.3
Vitamin B12 (µg/day)	1.25	6.4	4.5	100	1.25	6.53	6.93	97.5
Riboflavin (mg/day)	1.0	1.99	1.43	84.9	0.9	2.98	7.1	84.2
Folate (µg/day)	150	427.3	531.1	90.6	150	345.5	216.5	86.7
Calcium (mg/day)	525	907.7	384.1	87.7	525	994.6	572.7	87.5
Vitamin E (mg/day)	12	18.4	54.7	37.7	12	30.7	110.4	32.5
Salt (g/day)**	6	6.38	2.4	51.9	6	4.8	1.4	15

n = number; SD = standard deviation; RE = Retinol Equivalents; EAR = Estimated Average Requirement

*EAR Sources:

Department of Health UK Dietary Reference Values of Food Energy and Nutrients for the United Kingdom. London: HMSO, 1991.

Dietary Reference Intakes (DRIs): Estimated Average Requirements, Food and Nutrition Board, Institute of Medicine, National Academies. [Online]

**Scientific Advisory Committee on Nutrition, Salt and Health. [Online] Percentage values are based on those exceeding the recommendation for salt.