

Dairy Food Intakes at Meals: Insights into Specific Uses of Dairy

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 give an overview on how the “milk, yogurt and cheese” food group is consumed by Irish adults aged 65 years and older. This information is valuable as it gives us an insight into where exactly dairy fits into the daily diet of the older population. A detailed overview of the types of milk consumed at breakfast is also shown.



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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Table 1: Mean daily food weights (g/day) consumed for: total dairy, total milk, total cheese and total yogurt at different meals by Irish adults aged ≥65 years.

Meal		Total Dairy (g)				Total Milk (g)				Total Cheese (g)				Total Yogurt (g)			
Type	n*	n**	% cons	Mean	SD	n**	% cons	Mean	SD	n**	% cons	Mean	SD	n**	% cons	Mean	SD
Breakfast	225	217	96.4	127.2	85.6	213	94.7	113.9	79.6	15	6.7	20.9	20.3	41	18.2	73.8	51.1
Lunch	216	202	93.5	67.5	69.2	189	87.5	53.4	66.0	82	38.0	15.6	17.3	41	19	55.3	38.2
Evening Meal	222	199	89.6	62.2	61.5	186	83.8	51.5	56.9	68	30.6	12.1	8.7	42	18.9	47.1	34.0
Snacks	186	162	87.1	69.6	74.6	155	83.3	63.1	68.8	20	10.8	14.4	20.3	25	13.4	48.0	31.0
Beverages (non-alcoholic)	75	42	56.0	31.9	31.9	42	56.0	31.9	31.9	0	0.0	0.0	0.0	0	0.0	0.0	0.0

n* = number of consumers of each meal type; n** = number of consumers of each dairy food group at each meal type; % cons = % consumers of each dairy food group at each meal type; SD = standard deviation. Values relate to total dairy intake i.e. Foods from "milk, yogurt and cheese" food group consumed as discrete foods and within dairy recipes.

Table 2: Overview of the specific milk types used at breakfast by Irish adults aged ≥65 years.

	Consumers		Eating occasions (EO) at breakfast		Food weight		Energy /kcal	
	n*	% breakfast consumers (n=225)	n**	% of total breakfast EO (n=896)	Mean (g)	SD	Mean	SD
Whole Milk	93	41.3	345	38.5	81.1	73.0	53.5	34.3
Semi skimmed milk	77	34.2	261	29.1	76.4	60.6	35.2	25.9
Skimmed milk	8	3.6	21	2.3	83.3	77.1	31.4	28.5
Fortified milk	34	15.1	118	13.2	120.4	83.2	58.9	40.4
ND milk alternatives	2	0.9	6	0.7	26.3	5.3	12.3	2.5
RTEBC	104	46.2	301	33.6	32.5	23.0	116.2	80.1

n* = number of consumers of each food group at breakfast; n** = number of eating occasions of each food group at breakfast; SD = standard deviation; ND = non-dairy; RTEBC = ready to eat breakfast cereals.

Values presented are for consumers only, i.e., only for people who ate that food group at breakfast during the reporting period.