

The contribution of dairy foods to the nutritional quality of Irish teenagers' diets

Key findings from dairy-specific analysis of the National Teens' Food Survey II

4%

Only 4% of teens are meeting Department of Health recommendations for milk, yogurt & cheese



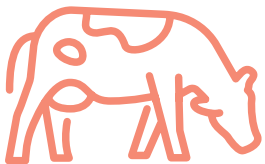
On average teenagers are having 1.9 servings a day, however the Department of Health recommends 5 for this age group. A serving is 200ml milk, 125g yogurt or 25g cheese.

51%

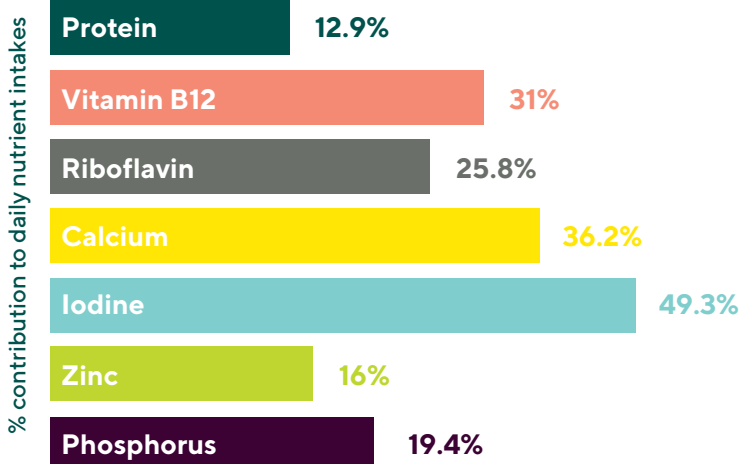
A little over half of teens are not meeting the recommended daily intake of calcium



Calcium is important during teenage years to support normal bone development. Dairy foods are among the best sources of calcium in our diet.



Dairy is a **major contributor** of important nutrients in teens' diets



Teens who consume more dairy have **better quality diets**. There is no difference in body weight between high and low consumers

Moderate consumption of dairy is part of a healthy balanced diet.

The National Teens' Food Survey II examined food and nutrient intakes of 428 Irish teenagers, aged 13-18 years, between 2019-20. This survey, conducted by the Irish Universities Nutrition Alliance (IUNA), investigated usual food and drink intake using four-day food diaries. In 2023, the NDC commissioned a dairy-specific analysis to further explore the contribution of the 'milk, yogurt and cheese' food group to the nutritional quality of Irish teenagers' diets.

Access the full report here: <https://ndc.ie/ndc-research/>