

GET YOUR DAILY DAIRY!

A POCKET GUIDE TO DAIRY IN YOUR DIET, FOR EVERY STAGE OF LIFE

HEALTHY BALANCED DIET



ESSENTIAL NUTRIENTS

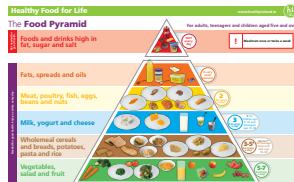
ACTIVE LIFESTYLE



The food pyramid is the recommended guide to healthy eating for ages 5+. It recognises that dairy foods (milk, yogurt, and cheese) play an important role in healthy eating patterns from childhood through to adulthood.

3 SERVINGS OF DAIRY A DAY ARE RECOMMENDED, AND 5 SERVINGS FOR AGES 9-18.

DAIRY OFFERS ESSENTIAL NUTRIENTS AT EVERY LIFE STAGE



Source: Department of Health 2016

AGES 5+: 3 SERVINGS A DAY

Milk, yogurt, and cheese are rich in calcium, which is needed for normal growth and development of bone in children. Calcium is also needed for the maintenance of normal teeth.



THE EU SCHOOL MILK SCHEME offers affordable fresh milk in schools. Children also receive educational resources and rewards.

School Milk counts as one serving of dairy. Milk is a rich source of iodine which contributes to the normal growth of children.



JOIN THE EU SCHOOL MILK SCHEME AT moocrew.ie

AGES 9-18: 5 SERVINGS A DAY

Look after your bones during this rapid phase of growth, for lifelong benefits. Eat a balanced diet rich in calcium, protein, and phosphorus. Include vitamin D sources or take a supplement as advised. Do regular weight-bearing activity like running or tennis.



AGES 19-65: 3 SERVINGS A DAY

Bone loss increases with age, especially during menopause, and may lead to osteoporosis and a higher risk of fracture. Milk, yogurt, and cheese are good sources of calcium, phosphorus, and protein which are needed to maintain normal bones.



VISIT MINDYOURBONES.ie

AGES 65+: 3-4 SERVINGS A DAY

Muscle loss occurs with age. Dairy products are a rich source of protein which contributes to the growth and maintenance of muscle mass. Focus on high-quality protein and spread intake throughout the day.



This information is based on Department of Health advice. For personalised guidance, consult your GP or health professional.

For more information visit NDC.ie



A SERVING OF MILK IS 200ML

Serving Suggestions:

- Overnight Oats
- Cauliflower Cheese
- Fish Pie



A SERVING OF YOGURT IS 125G

SERVING SUGGESTIONS:

- Yogurt Flatbreads and Tzatziki
- Falafel with lemon yogurt
- Yogurt and Garam Masala Chicken Marinade



A SERVING OF CHEESE IS 25G

SERVING SUGGESTIONS:

- Cheddar Broccoli Pasta Bake
- Spring Onion and Cheddar Risotto
- Pear and Walnut Salad with Blue Cheese

RASPBERRY CHIA PUDDING

(Serves 1)



Ingredients:

- 200ml milk
- 4 tbsp chia seeds
- 1 handful of fresh raspberries
- 1 tsp maple syrup

Method:

Put all ingredients into a jar. Stir well. Refrigerate for at least 4 hours or overnight until thickened.

IRISH CHEDDAR POTATO CAKES

(Serves 1)



Ingredients:

- 1 medium potato, mashed
- 25g cheddar cheese, grated
- 1 tsp chives, chopped
- 1 tbsp flour
- Salt & pepper

Method:

Mix all ingredients together and form small patties. Fry in one teaspoon of olive oil, over medium heat, until golden and crisp on both sides.

SPICED MARINATED CHICKEN

(Serves 1)



Ingredients:

- 125g plain yogurt
- 100g chicken breast, diced
- 1/2 tsp paprika
- 1/4 tsp cumin
- Salt & pepper
- 1/2 tsp olive oil

Method:

Mix yogurt and spices. Coat the chicken with the mixture. Marinate for 10 mins. Cook in a pan with olive oil for ~ 12 mins until golden and cooked through. Serve with vegetables and brown rice.