

DAIRY HEALTH AND NUTRITION

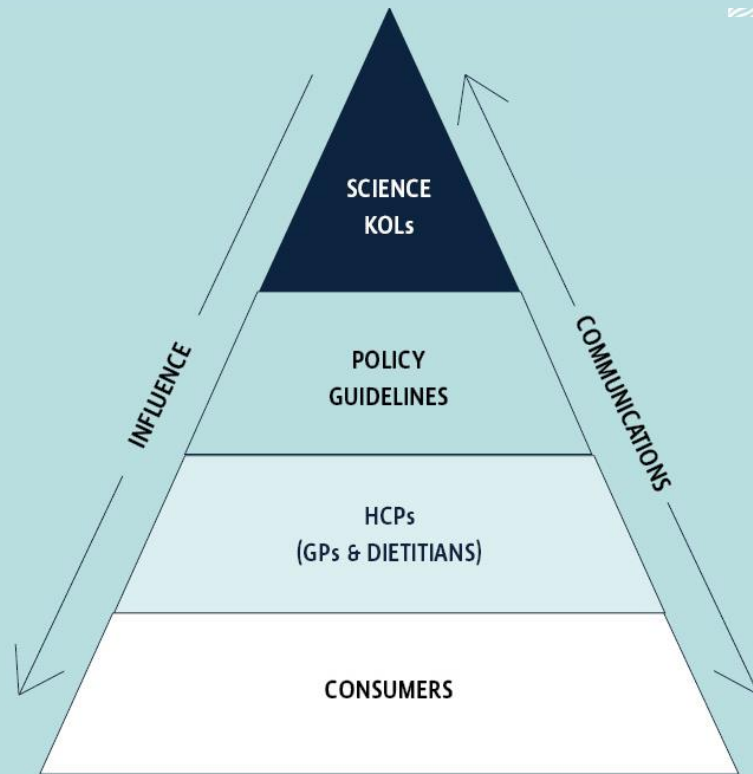
Dr Rivkeh Haryono
Senior Nutrition Scientist

SEA Scholarship Program 2025

OUR HEALTH AND NUTRITION PROGRAM

Our aim is to ensure dairy foods continue to be recognised as part of healthy and sustainable dietary patterns by Key Opinion Leaders and Health Care Professionals by:

- **Monitoring the scientific evidence**
- **Communicating the evidence**
- **Addressing key barriers**
- **Responding to the policy and regulatory environment**



KEY NUTRIENTS AND HEALTH BENEFITS

- Protein
- Carbohydrate
- Calcium
- Riboflavin
- Phosphorous
- Potassium
- Magnesium
- Zinc
- Vitamin A
- Vitamin B12

MILK, CHEESE AND YOGHURT



**HELP TO
REDUCE**

- Heart disease
- Stroke
- Hypertension
- Type 2 diabetes

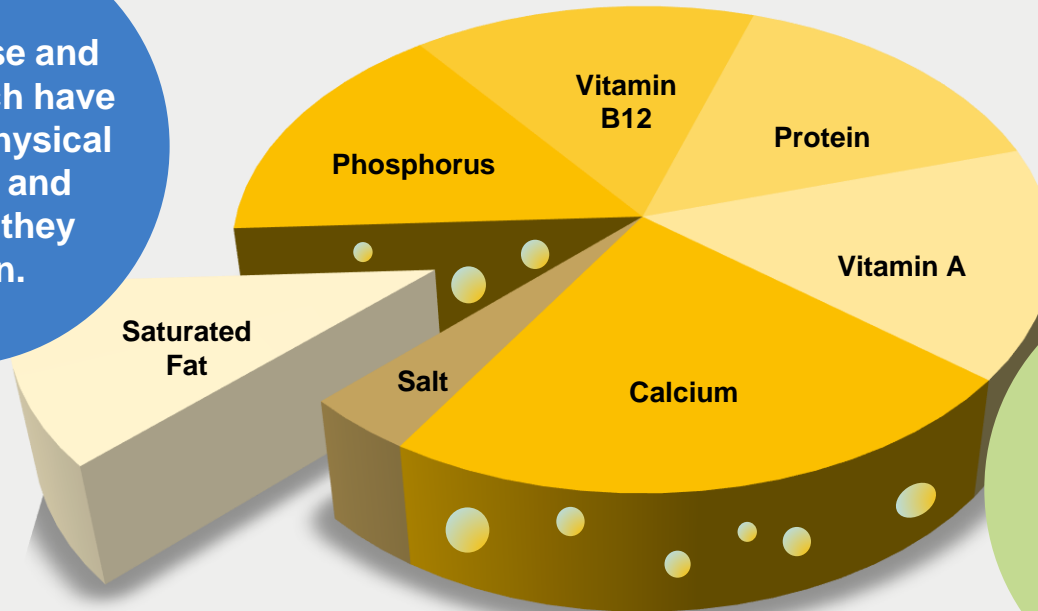
Are **not linked** to
weight gain or obesity



These evidence statements apply to all types of milk, cheese and yoghurt – regular fat, reduced fat, plain and flavoured varieties

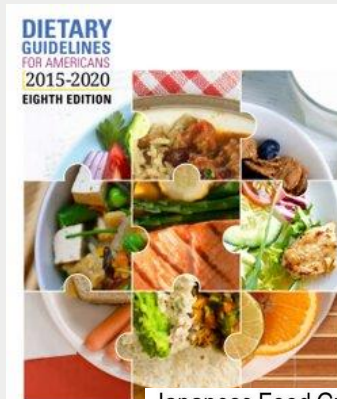
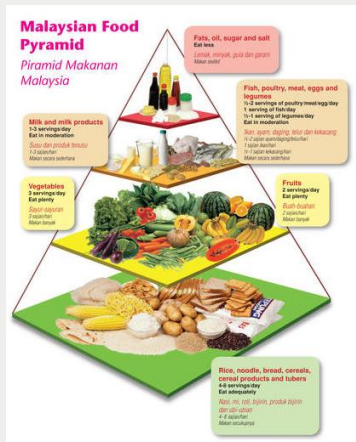
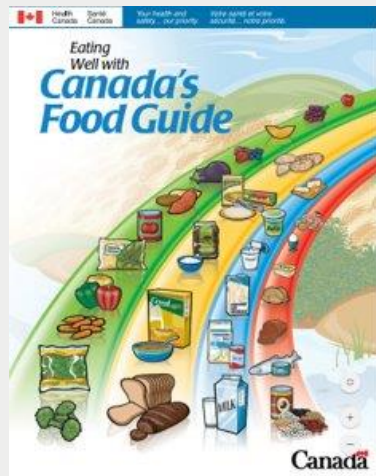
THE DAIRY MATRIX

Milk, cheese and yoghurt each have a distinct physical structure and nutrients they contain.

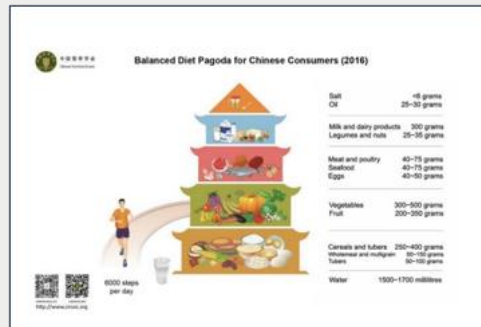
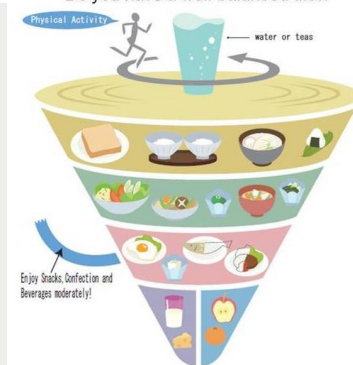


Dairy's unique blend of nutrients, when consumed together, has been linked with neutral or positive health effects.

DIETARY GUIDELINES AROUND THE WORLD RECOMMEND DAIRY FOODS



Japanese Food Guide Spinning Top
Do you have a well-balanced diet?



THRIVE TOGETHER
WITH AUSTRALIAN DAIRY

DIETARY GUIDELINES FOR DAIRY DIFFER AROUND THE WORLD

Snapshot of examples of international dietary guideline recommendations on dairy⁴

Country	Dairy for adults
United States	3 serves/day (1 serve = 1 cup milk equivalent)
Brazil	No recommendation for number of dairy serves/day or what a serve of dairy is, but suggestion to avoid sweetened and flavoured dairy
United Kingdom	Some, choose lower fat options
The Netherlands	Sufficient dairy products, milk, cheese, and yoghurt (2–3 serves/day milk and dairy plus 40g cheese/day, where 1 serve = 150g)
France	2 serves/day (1 serve = 150mL milk, 125g yoghurt, 30g cheese)
Italy	3 serves/day (1 serve = 125mL milk, 125g yoghurt or other fermented milk products), 3 serves/week (1 serve = 100g cheese <25% fat, 50g cheese >25% fat)
Türkiye	500g milk or yoghurt, milk no or low fat, yoghurt, and cheese low salt
Greece	2 serves/day (1 serve = 150mL milk, 150g yoghurt, 30g hard cheese, 60g soft cheese)
Arab countries	2–3 serves/day (1 serve = 1 cup milk, 45g cheese, 1 tablespoon cream cheese)
China	300–500g milk and dairy products/day, with a variety recommended
India	3 serves/day (1 serve = 100mL milk or 100g milk products)
Pakistan	2–3 serves/day (1 serve = 1 cup of milk, kheer, feerni (or other milk-based products equivalent to nutrients supplied by 1 cup of milk), yoghurt or 1 slice of cheese)
Dominican Republic, Guatemala and Honduras	3 serves weekly recommendation
Australia	1.5–4 serves per day, depending on age/life stage. (1 serve = 250mL milk, 200g yoghurt, 40g cheese)

REASONS FOR DAIRY AVOIDANCE



50%

“Watching my weight”



35%

“Due to saturated fat”



20%

“Dairy doesn’t agree
with me”



29%

“Dairy makes me
feel bloated”

2009

2011

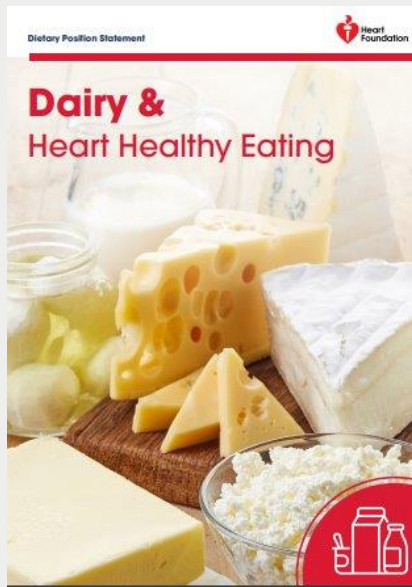
2017

2024

**THRIVE
TOGETHER**
WITH AUSTRALIAN DAIRY

DAIRY FAT, WEIGHT AND HEART HEALTH


REGULAR OR REDUCED FAT DAIRY?



LIFESTYLE HEALTH & WELLNESS NUTRITION

More cheese, less meat: The new eating advice for a healthy heart

By Sarah Berry
August 21, 2019 – 12:05am



Poor diet is a leading contributor to heart disease, accounting for about 65 per cent of the total burden.

But what exactly do we need to eat and avoid?

f t e A A A

Why full-fat milk is now OK if you're healthy, but reduced-fat dairy is still best if you're not

August 22, 2019 1:08pm AEST

The Heart Foundation now backs full-fat milk if you're healthy. But it still recommends reduced-fat milk if you have high blood pressure or heart disease. [from www.shutterstock.com](#)

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The Heart Foundation now recommends full-fat milk, cheese and yoghurt *or* reduced-fat options as part of its [updated dietary advice](#) released yesterday.

This moves away from earlier advice that recommended *only* reduced-fat dairy when it comes to heart health.

So, what's behind the latest change? And what does this mean for people with high blood pressure or existing heart disease?

DAIRY FOODS DON'T CAUSE WEIGHT GAIN

When 2-4 serves of dairy were included as part of a calorie-controlled diet in 18-50 year-old overweight and obese women:

- Body weight loss: ~1 kg
- Fat mass loss: ~1.2 kg



CHEESE IS A HEALTHY FOOD



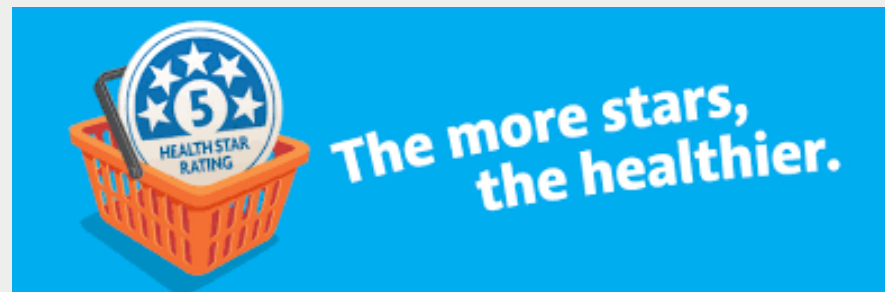
Associated with reduced risk of:

- Stroke
- Childhood overweight and obesity
- High blood pressure

Not associated with:

- Heart disease
- Adult overweight and obesity

NUTRITION POLICY DOESN'T ALWAYS REPRESENT CORE FOODS AS HEALTHY



LACTOSE INTOLERANCE

LACTOSE FREE DOESN'T MEAN DAIRY FREE

Most people can tolerate 12-15g lactose (or 250mL milk)



Spread dairy
intake over
the day.



Consume dairy
foods as part
of meals.



Have smaller
amounts of
dairy at a time.

LACTOSE CONTENT OF DAIRY FOODS

Dairy food	Quantity	Lactose content (g)
Milk, regular fat	1 cup	15.8
Yoghurt, plain	200g	10.0
Ricotta cheese	120g	2.4
Ice cream	50g	1.7
Camembert	40g	0.04
Parmesan cheese	40g	0.0
Lactose free milk	250mL	0.0



Good bacteria
breaks down
lactose



Removed with
the whey

WE'RE LEARNING MORE ABOUT THE HEALTH BENEFITS OF LACTOSE



- Lower GI Index compared to other sugars
- Better for dental health compared to other sugars
- Potential impact on calcium absorption
- Satiety control
- Benefits as a prebiotic for gut health



DAIRY VERSUS PLANT-BASED FOODS

SOME DIETARY GUIDELINES AROUND THE WORLD ARE REDUCING DAIRY RECOMMENDATIONS

Canada



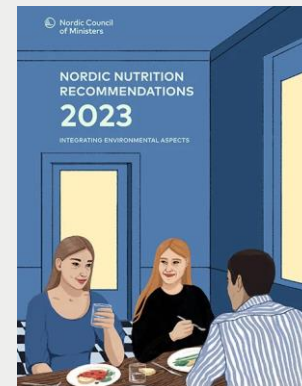
Austria



Germany



Nordic



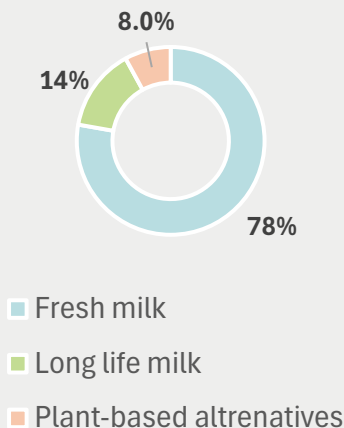
ANIMAL OR PLANT BASED PROTEIN?

- High protein foods are a big trend
Big focus on plant versus animal protein
- Dairy foods are a natural source of high-quality protein
- A combination of both plant and animal-based foods is important for good health and wellbeing

PLANT-BASED ALTERNATIVE PLATEAU

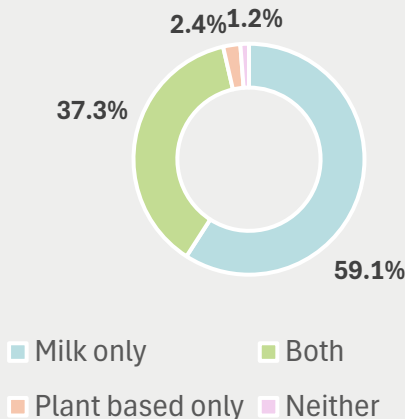
SHARE OF MARKET

Plant-based milk market volume share is plateauing at 8% Australia (12% globally).



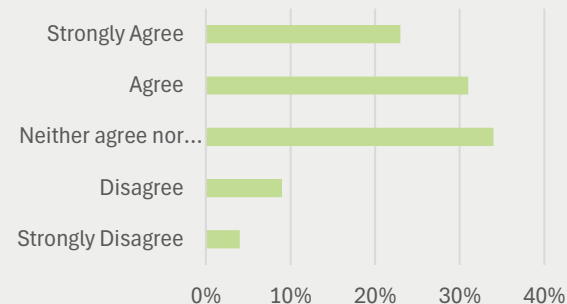
BUYER EXCLUSIVITY

Only 2.4% households purchase plant-based exclusively.



NUTRITION BELIEFS

Most Australians agree that milk alternatives do NOT provide the same nutritional benefits as dairy milk



PLANT-BASED MAY NOT BE THE HEALTHIEST FOR CHILDREN



Children who consume plant-based beverages may have a lower BMI, height and micronutrient intake compared to those who consume milk



If not consuming dairy, fortified soy beverage can be helpful for calcium intake, but doesn't contain the same package of nutrients as milk



Much more research is needed, but is growing in this space

SUMMARY

- Dairy foods have a positive and unique story to tell when it comes to health and nutrition
- The Dairy Matrix helps explain these benefits
- Dairy foods are associated with a healthy heart and weight
- You can include dairy foods in the diet, even if you have lactose intolerance
- Plant versus animal foods is a hot topic – we know dairy foods are a key source of nutrition and important to include in a healthy diet.



THANK YOU!