



Healthy ageing with dairy

Fact sheet for home care services and older adults living in residential aged care

KEY MESSAGES

97% of older people are not getting enough dairy in their diet. This can contribute to poor bone health and osteoporosis and increase your risk of falls and fractures.

By increasing your dairy intake, you can build muscle mass and bone density to help you stay independent and well as you age.

- Enjoy dairy-based snacks – try some yogurt with fruit for morning tea, or cheese and crackers for afternoon tea
- Try new recipes – you can find a range of ideas and recipes (including some from Maggie Beer) and a meal planner at dairy.com.au/ageing.

What if I live at a residential care service?

Talk to your provider.

If you feel like there are not enough dairy rich options, discuss this with your provider and tell them the types of food, drinks and snacks you like. It's important they offer you a range of nutritious foods that enable you to maintain your health and wellbeing.

Following the Royal Commission, the Australian Government is also requiring providers to make a wide range of changes to improve the food and drink at residential care facilities. By raising your ideas with your provider (including what you like and don't like) you can help be part of the change and improve things for everyone.

Where can I get more information?

Australian dairy farmers and producers are working with residential aged care providers to help them understand the value of dairy and how they can provide delicious and nutritious dairy-based snacks and meals for you.

If you think your provider could improve their dairy offering, you can direct them to our website.

What are the benefits of eating dairy?

A world-first study found that older people who eat a minimum of 3.5 serves of dairy a day are:

- 11% less likely to experience falls
- 33% less likely to experience fractures
- 46% less likely to experience in hip fractures.

One serve of dairy is equivalent to:



MILK
1 cup
(250ml)



CHEESE
2 slices
(40g)



YOGHURT
¾ cup
(200g)



RICOTTA
½ cup
(120g)

The combination of calcium and protein in dairy foods make them much more effective at improving muscle mass and bone strength than supplements alone.

How can I get more dairy in my diet?

There are simple ways to get more dairy in your day-to-day diet.

- Add dairy to your everyday staples – for example:
 - Add cheddar cheese to mashed potato
 - Add feta or ricotta to scrambled eggs or omelettes
 - Add parmesan to rissoles
 - Add milk powder or yogurt to smoothies.

MORE INFORMATION

To find out more about how the dairy industry is helping improve the nutrition of older people, visit: dairy.com.au/health/healthy-ageing-with-dairy