



healthyfood@sport

Healthy Food@Sport newsletters provide community sports clubs with information to help them implement a range of healthy options in canteens. The newsletters will feature recipe ideas and tips on healthy eating and hydration for parents, coaches, officials, club administrators and participants.

June 2012

Issue 6 – Dairy Intake and Food Labels

Greening Up Your Menu With Dairy

Dairy is one of the popular core food groups and has an effect on building and maintaining strong bones. Some of the common sources of dairy are milk, cheese and yoghurt.

Dairy products are full of essential nutrients contributing to a wide range of benefits. They are packed with calcium, protein, carbohydrates, vitamins and minerals which assist in growth, repair and development of the body. They also play a role in wound healing, maintaining healthy eyesight and strong bone structure, which is why it is important to make sure that you are meeting your recommendations for dairy intake.

What is a standard serve?

One standard serve is:

- 1 glass (250) of milk
- 1 tub (200g) of yoghurt
- 2 slices (40g) of cheese



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Food Group	Number of Serves		
	4-7 Years	8-11 Years	12-18 Years
Dairy Serves (milk, cheese, yoghurt and alternatives)	2	2	3

(National Health School Canteens Guidelines; adapted from Australian Guide to Healthy Eating 1998)

According to Australian Guide to Health Eating, children from 4-11 years should consume 2 serves of dairy to achieve their minimum recommended daily intake required for growth and maintenance. When they reach the age of 12 they should be consuming 3 serves in order to fulfill their daily calcium requirements.

Reduced fat dairy products are recommended for everyone over the age of 2 years.



A joint Australian, State and Territory Government initiative under the National Partnership Agreement on Preventive Health



Fruity French Toast



Serves 4

Ingredients:

- 8 slices of bread
- 2 cups of Australian skim milk
- 2 eggs, lightly beaten
- 1 cup Australian low fat ricotta cheese
- 1 1/2 teaspoons cinnamon sugar
- 250g punnet mixed berries
- 2 tablespoons honey

Method

1. Dip bread, one slice at a time into combined milk and eggs, draining excess.
2. Heat a non-stick frypan over medium heat and cook bread on both sides until golden brown.
3. Divide French toast between serving plates and top with combined ricotta cheese and cinnamon sugar. Sprinkle with mixed berries and a drizzle of honey.

How Can You Improve Your Dairy Intake?

There are many ways that you can increase your dairy intake. Don't be afraid to be creative:

- Grate low fat cheese over your salads, pasta, pizza and soups.
- Enjoy cereals, oats or muesli with low fat milk for breakfast. It will keep you fuller for longer. You can also try hot options such as scrambled eggs, french toast, pancakes made with low fat milk and cheese.
- Add low fat milk to your scrambled eggs.
- Feeling a bit peckish? Why not try wholegrain crackers with cheese.
- Yoghurt can be an ideal option as a dessert, it can be consumed as it is or in its frozen form.
- Enjoy puddings made of low fat milk for desserts.
- Serve mashed potatoes made with milk and margarine as a side at your dinner table.
- Substitute dishes that use sour cream with plain low-fat yogurt.
- Enjoy a warm milo with low fat milk or hot chocolate on cold days. Enjoy smoothies or milk shakes on warmer days. Don't be afraid to play with plenty of fruits to add taste and variety to your smoothies.
- Use cream cheese in place of margarine or mayonnaise on your sandwiches.

Acknowledgement:

Dairy Australia:

www.dairyaustralia.com.au

Important Facts About Food Labels



A food label tells you what is inside the food you are eating and lists all its nutrients and ingredients. It contains information on product and brand name, use by date, product weight, manufacturer details, allergen warnings, nutrition claims, list of ingredients and a nutrition panel to help you make informed choices.

Please refer to the 'Important Facts about Food Labels' fact sheet for further information on reading food labels and the guidelines for different food groups.

Contact Details

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To access the range of newsletters and fact sheets in this series please visit:

www.health.act.gov.au