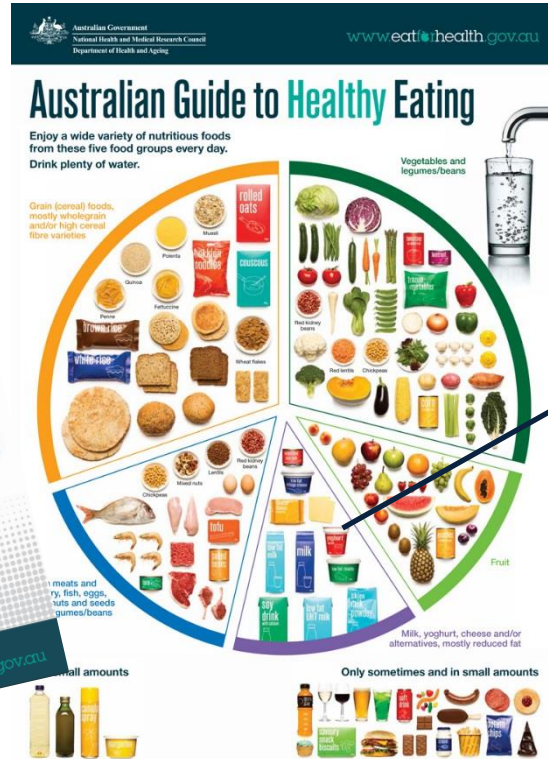




AUSTRALIAN DIETARY GUIDELINES

THE ADGS AND THE DAIRY FOOD GROUP



Milk, yoghurt, cheese and/or alternatives (mostly reduced fat)

All types of milk, cheese and yoghurt are Five Food Group foods

- Regular fat
- Reduced fat
- Flavoured
- Hard cheese
- Soft cheese

*Dairy alternatives are included if fortified with at least 100mg calcium/100mL

THE HEALTH BENEFITS OF DAIRY FOODS ARE WELL RECOGNISED IN THE SCIENCE



MILK, CHEESE AND YOGHURT



**HELP TO
REDUCE**

- Heart disease
- Stroke
- Hypertension
- Type 2 diabetes

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



DAIRY FOOD GROUP RECOMMENDATIONS

Population group	Minimum recommended intake (serves/day)
Children under 8 years	1.5 - 2
Older children and teens	2.5 - 3.5
Younger adults	2.5
Older adults	3.5 - 4

One serve of dairy is equivalent to:



1 cup
(250mL)



$\frac{3}{4}$ cup
(200g)

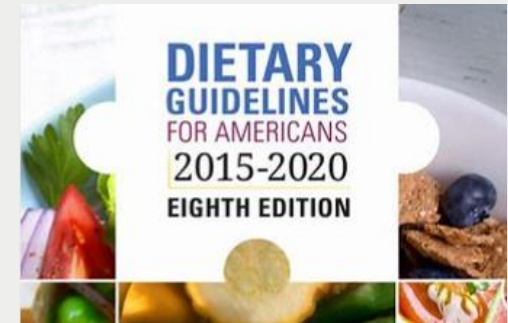
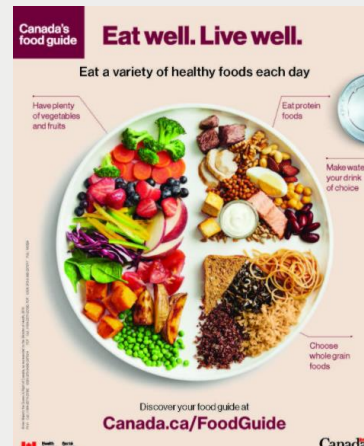
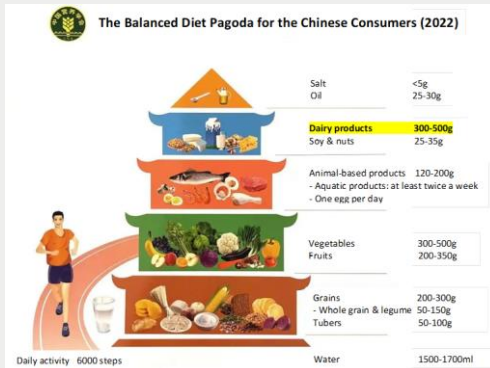
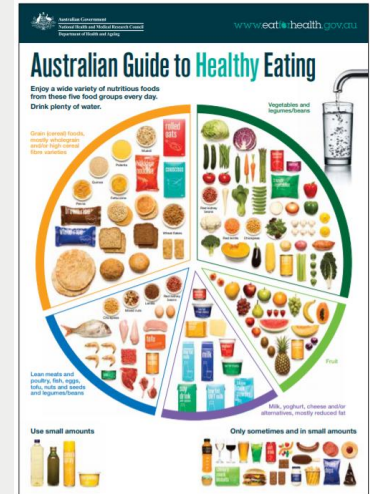


2 slices
(40g)

~300mg calcium per serve

DIETARY GUIDELINES

- Dietary guidelines inform federal, state and territory guidelines and policy's – school canteens, public hospitals, prisons, marketing standards, school education campaigns
- Single most important document that informs all our policy, regulation, communication and marketing work
- The Australian Government announced review of ADG in July 2020
- Mixed outcomes for dairy in recent international countries



ADGs review DAIRY INDUSTRY scoping survey

Existing areas for review:

1. Whole foods, holistic nutrition and food matrix
2. 'Mostly reduced fat' dairy recommendation
3. Plant-based products that qualify as 'dairy alternatives'
4. Cheese consumption limitations of 2-3 times per week

New areas:

1. Sustainable eating patterns
2. Processing and the role of safe food production
3. Life-stage nutrition, including cultural and social elements of food



WHAT IS DAIRY AUSTRALIA DOING?

Resource Development

Dairy's role in a healthy, sustainable diet

Achieving a healthy, sustainable diet

This article explores the balance between nutrition and environmental factors, including carbon and resource impacts. It highlights the benefits of dairy products in a healthy diet and provides practical tips for incorporating dairy into a sustainable diet.

COMMENTS

- Viewing your comments
- Posting your comment
- Replying to your comment
- Posting your comment

You will receive this in the Australian Dairy Sustainability Forum, 8th September 2023 at 10:00 AM AEST.

CHEESE

IT'S OK TO RECOMMEND CHEESE. HERE'S WHY

Australian dairy promises to provide nutritious food for a healthier world

To achieve this, we have made a commitment to our people, the health of our animals and the environment. We are committed to providing nutritious food for a healthier world.

Nutrient Rich Food Index: an exploration of the findings

Summary

The Nutrient Rich Food Index (NRFI) is a tool used to assess the nutritional quality of foods. It is based on the presence and concentration of 32 nutrients. The NRFI score ranges from 0 to 100, with higher scores indicating higher nutritional quality.

Background

The NRFI was developed by the Australian Government Department of Health and the Australian Dairy Industry. It is a tool used to assess the nutritional quality of foods and to identify areas for improvement.

Stakeholder Engagement

Virtual sustainability farm tour

Join nutrition scientist and dietitian, Dr. Joanna McMillan on a virtual sustainability farm tour with Dairy Australia to learn more about sustainability initiatives and progress in the Australian dairy sector.

You will gain first-hand knowledge about the latest in environmental and animal care practices and have an opportunity to ask questions to a live panel of experts. We'll be sending you a nutritious dairy-packed lunch to enjoy during the event.

DATE: Tuesday, 30 November
TIME: 12:00pm - 1:30pm AEST
Rsvp: Please RSVP with your email address and any dietary requirements by dairyaustralia@nutritionconnect.com.au. Zoom details will follow on acceptance of the invitation.

We're travelling to two multi-generational farms in NSW and QLD

Talking to a live panel of experts

Enjoying delicious dairy foods

Heart Foundation

The George Institute for Global Health

Australian Government Department of Health

Partnerships and Events

Are plant foods really more sustainable than animal foods?

with Dr Joanna McMillan

THE NUTRITION SOCIETY OF AUSTRALIA (INC.)

OPENING THE (FRIDGE) DOOR FOR FRACTURE PREVENTION

THE NUTRITION SOCIETY OF AUSTRALIA (INC.)

Making submissions direct into the ADG review process

WHAT WE WOULD LIKE TO SEE

Dairy foods are recognised as an integral part of a healthy, sustainable eating pattern due to their contribution to the health and wellbeing of Australians



Plain



Flavoured



Regular + reduced fat



WHAT CAN SADA DO....

- Engage and drive media opportunities
- Engage SA government staff and policy makers
- Keep dairy on the agenda
- DA staff can support SADA with attending meetings

Dairy foods are recognised as an integral part of a healthy, sustainable eating pattern due to their contribution to the health and wellbeing of Australians



Dairy's role in a healthy, sustainable diet

Achieving a healthy, sustainable diet

This relies on a balance between nutrition and the environment but also social, cultural and economic aspects.

To often, sustainability considerations are decided down to greenhouse gas emissions alone without a full appreciation of the wider impact of food production – from the farm to the table and beyond.

As a sector that requires land, water and animals, and employs people to provide human nutrition, Australian dairy recognises our impact and has been addressing its position in the global food chain.

Australian dairy promises to provide nutritious food for a healthier world

To do this, we have made sustainability commitments to our people, the health and wellbeing of the community, our animals and the environment.

The Australian Dairy Industry Sustainability Framework includes goals and targets to 2030, driving innovation and continuous improvement.

To bring together the latest evidence on the role of dairy in a healthy and sustainable diet, Dairy Australia commissioned independent researchers to review the literature on two separate occasions, in 2019 and 2023. This document is a summary of the findings.

Our sustainability COMMITMENTS



Withering economic instability and well-being



Respecting well-being of people



Providing best care for all our animals



Reducing environmental impact

To read more about the Australian Dairy Sustainability Framework, visit australiandairy.com.au