

HELP TO REDUCE

- Heart disease
- Stroke
- Hypertension
- Type 2 diabetes

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

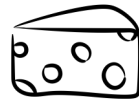


LACTOSE INTOLERANCE

People with lactose intolerance **can** still eat dairy foods



Up to **250ml** of milk in small amounts, spread across the day can be tolerated



Most **hard cheeses** are virtually lactose-free



Yoghurt contains probiotics that **aid lactose digestion**

MILK

Effectively **re-hydrates** after a workout



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Is the biggest contributor of calcium to the Australian diet

YOGHURT

Is a great **high-protein** snack

CHEESE

Cheese intake has been associated with **reduced risk of CHD and stroke**