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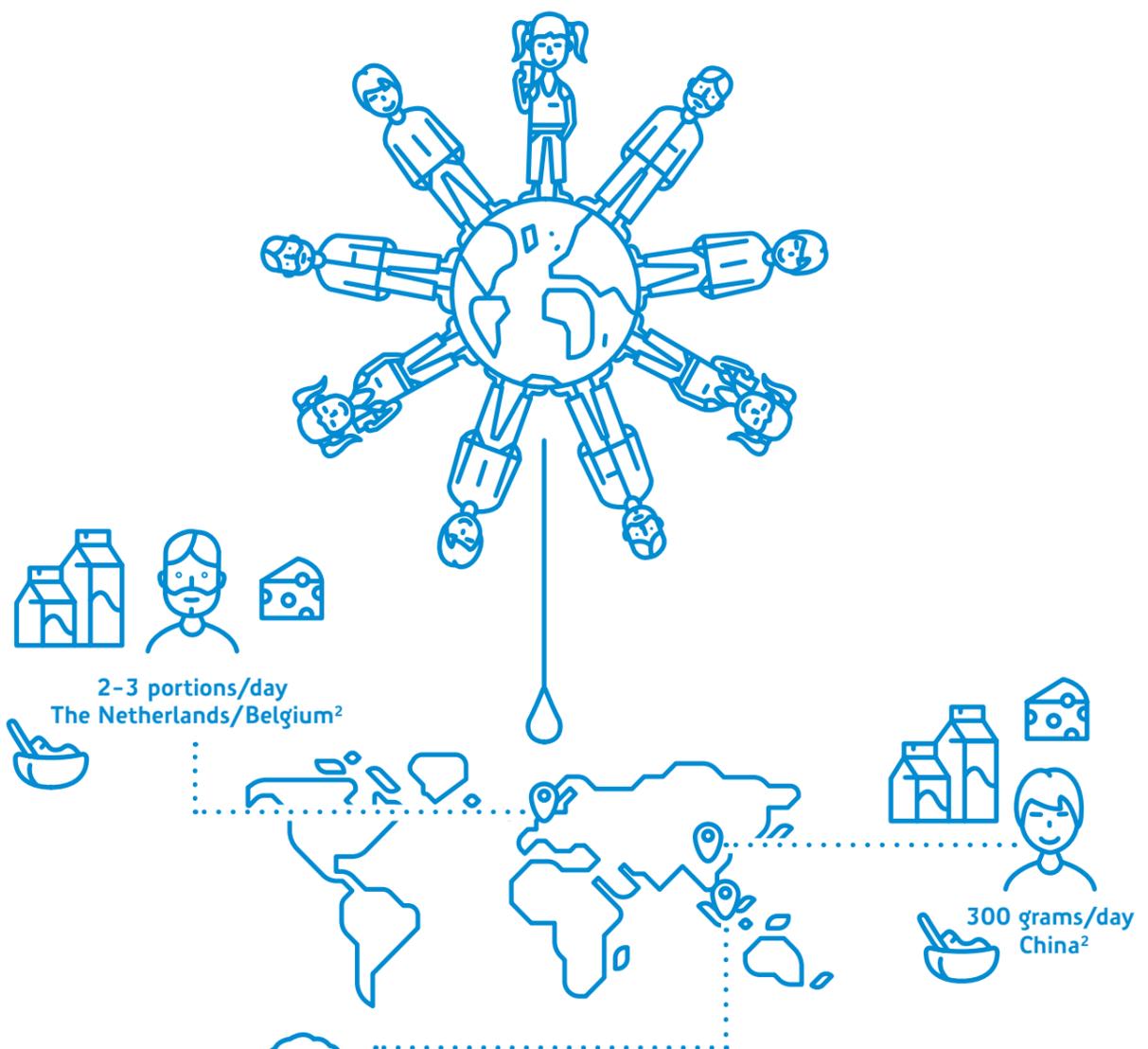
for dairy nutrition and health

Role of dairy in a healthy diet



Role of dairy in a healthy diet

Healthy eating is generally characterized as a diet that contains a variety of foods in optimal quantity⁽¹⁾. Dairy is recommended by dietary guidelines worldwide and is part of a healthy diet, because it is a natural source of a wide variety of nutrients.

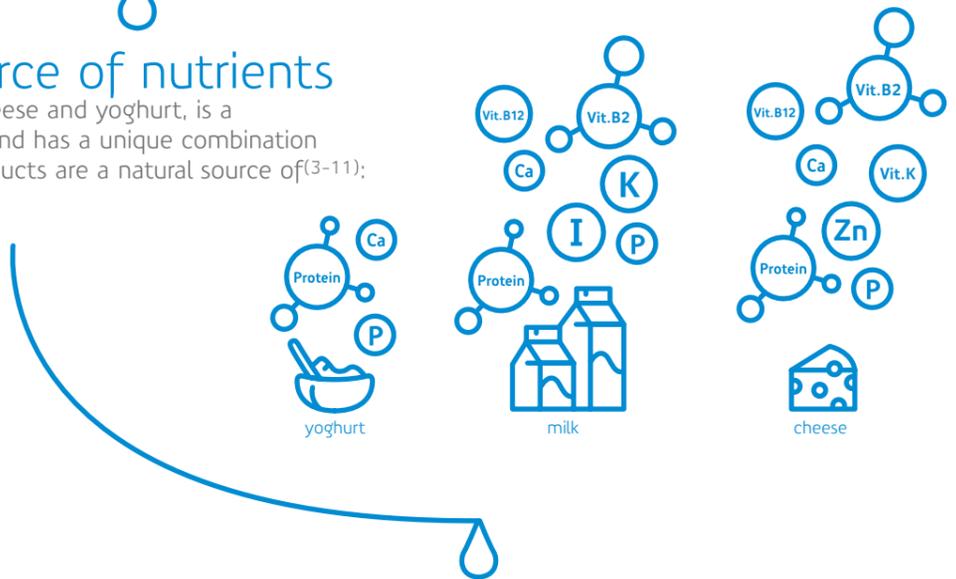


Dairy around the world

The basic principle for **dietary guidelines** is similar for every country. They are used to encourage healthy eating and provide a basic framework for meal planning and suggestions as to what and how much food a person should be eating⁽²⁾.

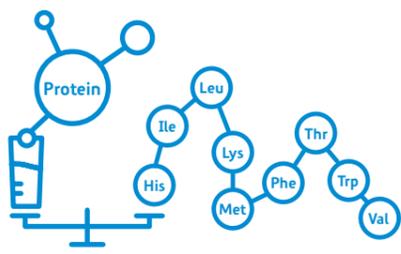
Natural source of nutrients

Dairy, such as milk, cheese and yoghurt, is a **nutrient-dense food** and has a unique combination of nutrients. Dairy products are a natural source of⁽³⁻¹¹⁾:



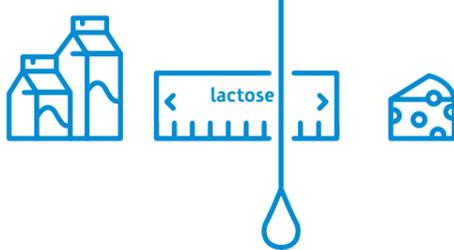
High quality protein

The protein in milk is of very high quality compared to many other food sources⁽¹²⁾. High quality protein means that the protein can be digested well and all **essential amino acids** are available in a good balance.



Did you know?

Nutrition is more than the sum of single nutrients. The interaction between the complex physical structure, the mix of nutrients and the bioactives of food products influences their digestion, absorption and metabolism. This is called the 'food matrix' and affects the overall nutritional and health properties of the food⁽¹³⁾. Research indicates that the metabolic effects of whole dairy may be different than those of single nutrients, when considering the effects on body weight, cardiometabolic health and bone health. This is known as the '**dairy matrix effect**'.



Lactose intolerance

Dairy products have different amounts of lactose. For instance, yellow cheese has very little lactose compared with milk. This is why people with lactose intolerance can eat more cheese without feeling any digestive discomfort.





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