



Win With Dairy

Shape up with the Food Pyramid

Whether you're an elite athlete or a recreational exerciser, a balanced diet is essential. The Department of Health's Food Pyramid provides healthy eating guidelines. Three servings from the 'milk, yogurt and cheese' food group are recommended per day, increasing to five daily servings between the ages of 9-18 years. One serving equals 200ml of milk, one 125ml carton of yogurt or 25g of cheddar-type cheese.

Top Shelf foods are high in fat, sugar and salt, are not essential for health and taken in excess can be harmful.

Fats and oils are essential, but only in small amounts.

The foods and drinks on the bottom 4 shelves of the Food Pyramid are essential for good health.

