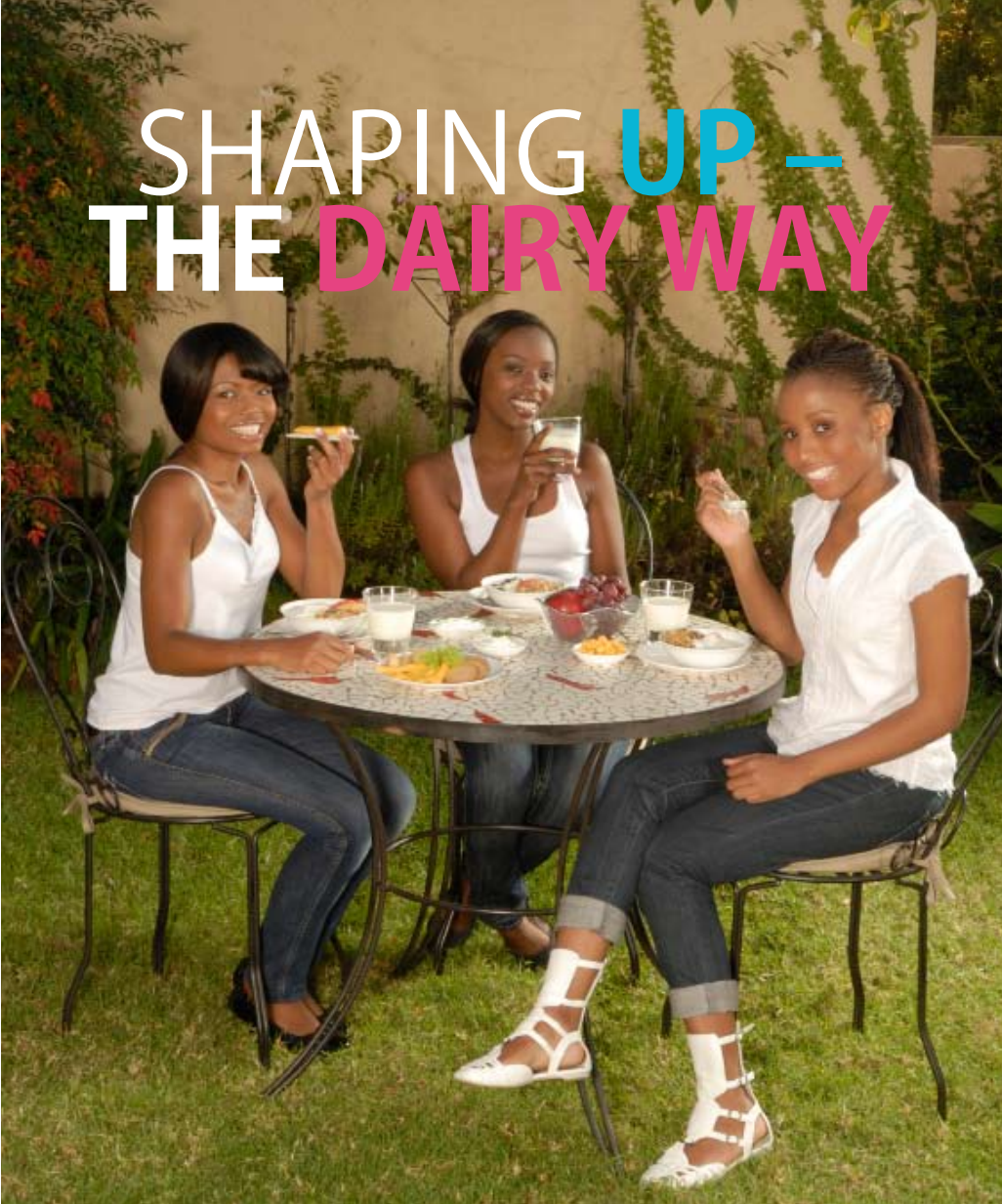


SHAPING UP – THE DAIRY WAY



The shocking facts!

In South Africa, at least 29% of men and 57% of women are overweight or obese and this can lead to increasing the risk of diseases such as heart disease, diabetes and cancer

How can dairy products help me promote a healthy weight?

Now is the perfect time to start making the right choices for a healthier body. Dairy products taste great and are a naturally healthy food choice. Three daily servings of calcium-rich dairy products, within an energy (kilojoule) restricted diet, can promote a healthy body weight, while maintaining muscle mass (weight loss is often associated with undesired muscle loss together with fat loss). Products with a fat content of less than 10 g fat per 100 g product are considered low fat. Research shows that the combination of nutrients in dairy products, especially calcium and protein, may be responsible for weight loss and maintaining body weight through its role in energy metabolism.

When you are on an energy-restricted diet, i.e. trying to lose weight, choose low fat and fat free options, which are available at your local supermarkets.

What can I do to achieve a healthy weight?

Physical activity: exercise at least 30 min per day

Through food: limited energy (kJ) intake and good food choices (including 3-A-DAY™ dairy)

Read the label of food packaging and choose foods with a fat content of less than 10%.

What does 3-A-DAY™ dairy mean?

In order to include enough calcium in your daily diet, it is very important to consume three dairy products every day. The wide range of dairy products available, such as milk, flavoured milk, maas, drinking yoghurt and cheese, makes it very easy to follow the 3-A-DAY™ dairy principle, while also managing your weight status

For example:

YOGHURT 200g (1 cup)	MAAS 1 cup (250ml)	MILK 1 cup (250ml)
	+	
	+	

= 3-A-DAY

