

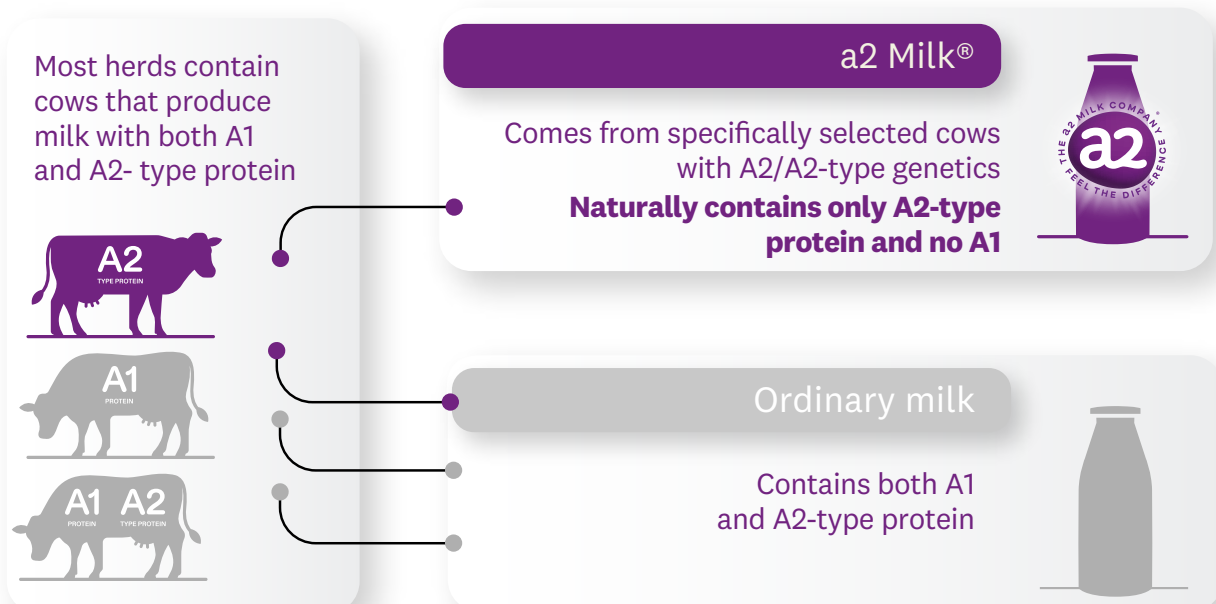


What's so great about Milk?

Helping your patients choose the right milk has become more complex, this guide helps explain the benefits of milk and the various options available today.

Milk is the original form of dairy, it's accessible, nutrient rich and flexible, forming the base for other dairy products.

Whilst milk is the original form of dairy, it's protein structure has evolved over time. Originally, cows produced milk containing only A2-type beta-casein protein. Today, most herds in countries like Australia and the United States produce milk with a mix of both A1 and A2-type protein.



For some milk intolerant people, drinking milk containing A1 protein may cause digestive discomfort.* This understanding has led to a resurgence of farming cows which produce only A2-type protein in parts of the world.

The nutrient density of milk means it plays a role in health at multiple stages of life, from supporting growth in the early years to supporting bone integrity in later years. Milk's natural nutrient matrix means nutrients work together, helping to deliver benefits beyond the individual nutrients alone.

Research into daily dairy consumption indicates a probable association¹ with:

BENEFITS [when associated with serves]	SERVES
Reduced risk of colorectal cancer	1
Reduced risk of heart disease and attack	2
Reduced risk of stroke	2
Reduced risk of hypertension	3
Reduced risk of Type 2 diabetes	1.5
Improved bone mineral density	-



80%

Dairy intake

In Australia, 80% have an inadequate dairy intake².

Nutrients commonly associated with dairy intake such as calcium, zinc and magnesium can be in shortfalls in populations with low dairy consumption.

PRACTICAL TIPS

1. For patients who avoid or limit dairy, referral to a dietitian may be helpful to ensure key nutrients are adequate within the diet.
2. Milks including A1 protein free or 100% A2-type protein milks may help improve dairy intake amongst some people. These milks are also in full, light and lactose free varieties.

1. National Health and Medical Research Council (2013) Australian Dietary Guidelines. Canberra: National Health and Medical Research Council

2 Australian Institute of Health and Welfare, 2018, Nutrition across the life stages.

How much dairy do my patients need per day according to the Australian Dietary Guidelines?

Needs vary during the life span and by gender.

A serve of dairy is either:



250mL
glass of milk



2 slices of
cheese
(around 40g)

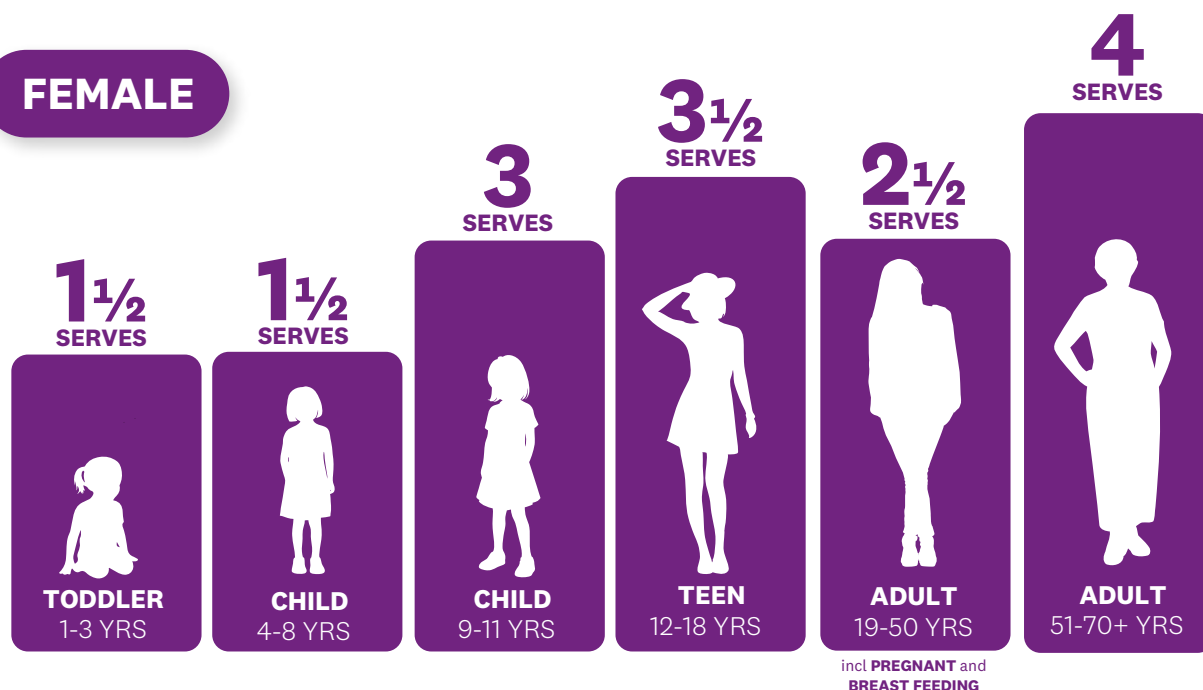


200g
yoghurt

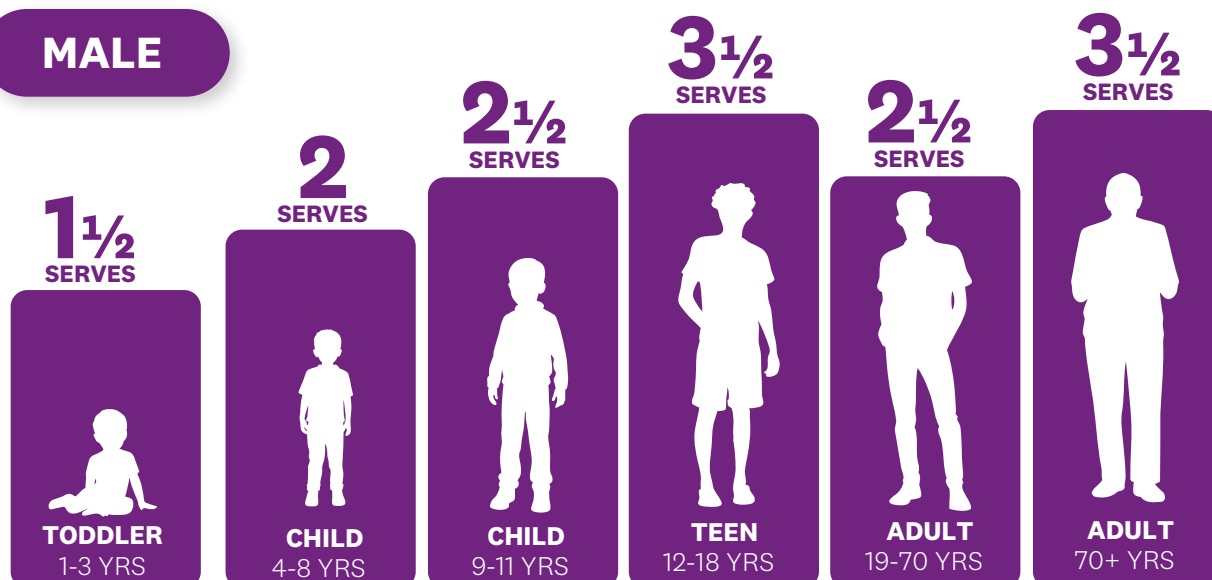


½ cup
of ricotta
(120g)

FEMALE



MALE



What are the common types of milk?

With the proliferation of milks on the market, it can be hard for patients to navigate the milk aisle. Below is a description of the types of cows and plant based milks commonly available

A2-TYPE PROTEIN MILK

Full Cream Milk
Reduced Fat or Light Milk
Skim Milk

Lactose Free Milk

- **Highly nutritious**
- **Naturally free from A1 protein**

- **Plus lactose free**

ORDINARY MILK

Full Cream Milk
Reduced Fat or Light Milk
Skim Milk

Lactose Free Milk

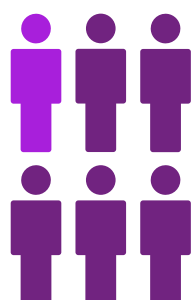
- **Highly nutritious**
- **A1 and A2-type proteins**

- **Plus lactose free**

PLANT BASED MILKS

Soy
Almond
Oat

Alternatives, but not nutritionally equivalent to dairy.
Care required when selecting due to variability with protein, calcium and other nutrients.



Digestive comfort.

In Australia, one in six people avoid or limit dairy intake, almost three quarters for digestive reasons³.

Suggesting an A1 protein free milk, with or without lactose could be a practical step for those reporting digestive problems.

3. <https://www.csiro.au/en/news/All/News/2016/June/Dairy-avoidance-reaches-dangerous-levels#:~:text=Fast%20facts,owing%20to%20the%20calcium%20content.>