

Dairy and More

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Packed with calcium and iodine, dairy and non-dairy alternatives provide essential nutrients for every day

Dairy foods are an important source of protein, calcium and iodine as well as riboflavin and vitamin B12. Try to choose lower fat options such as semi-skimmed milk and low-fat yoghurt and enjoy cheese on occasion as it is often higher in salt.

If you are avoiding dairy in your diet, choose a dairy alternative that has been enriched with calcium and iodine to provide alternative sources of these important nutrients. All of our milk-substitute drinks

and yoghurts, e.g. soya, oat or rice drinks are enriched with these calcium and B vitamins.