

An overview by our Dietitian on the different foods groups, a confusing topic we aim to clarify for you. This is the next in a series of articles realting to each of the food groups.

Milk and dairy products should be eaten every day as they supply us with essential minerals, the most important one being calcium. At least 2-3 portions of dairy should be eaten every day, and can replace the protein at a meal, as dairy products are also good sources of protein. Cottage cheeses are not good sources of calcium, and should be considered a source of protein without the calcium.

For weight management the better choices are the lower fat versions of milk, yoghurt, cheese, soured milk (maas / amazi), low fat cottage cheese (NOT cream cheese which is high in fat). The regular, high fat cheese can be included in meals occasionally.