

Dairy foods and alternatives

Three portions a day for men and women

One portion is

Cheese (preferably low-fat)

(Brie, Camembert, Edam)

One index finger (l), fingertip (h)*



Reduced-fat or low-fat cream cheese varieties

Two tablespoons



Cream cheese

One tablespoon



Cottage cheese

Three heaped tablespoons



Milk

(semi-skimmed or skimmed)

One small glass (200ml)



Alternative milks

(Soya, nut, rice milks)

One small glass (200ml)



Low-fat natural yogurt

One small pot 150g



Natural yogurt

Three tablespoons



* length (l) and height (h)

This group doesn't include butter, margarine or cream.

If you don't drink milk or eat dairy foods, it's good to use a milk substitute like soya milk, with added calcium – go for the unsweetened versions.

The fat content varies a lot between foods in this group. Choose lower-fat versions when you can.

Swap cream for low-fat natural yogurt and increase your portion size

