

# Dairy Product Chain

The dairy product chain starts with the cow that produces the milk



Cheese  
Whey (dried & powdered)  
Cottage cheese  
Process cheese



Flavoured milk  
Unsweetened evaporated milk  
Condensed milk (sweetened evaporated milk)  
Milk powder  
Long-life milk products  
Yoghurt  
Maas (cultured milk)



Cream, Butter, Buttermilk (dried & powdered)



## Calcium to build strong bones.

Idea 1 : Bowl of cereal with 1 cup of milk and a sliced banana



Idea 2 : Drinking yoghurt and an apple



Idea 3 : PnP flavoured low fat milk and a fruit



Idea 4 : Low fat yoghurt and a fruit



Idea 5 : Cheese, lettuce and tomato sandwich



Idea 6 : Cheese and provitas



Milk is a nutritious food source that contains a relatively large amount nutrients in relation to the amount of energy (kj) it contains. Milk contains important nutrients such as proteins, carbohydrates, fats, vitamins and minerals

\* when choosing fruit, opt for seasonal fruit