

Daily Dairy Recommendations:



Are we eating enough dairy?



Why is Dairy so important?

- Milk and dairy products are an important part of the dietary guidelines and recommendations across the EU.
- Dairy foods are naturally nutrient rich with a **complex nutrient matrix**. They are sources of high-quality protein, essential vitamins B2 and B12 and minerals such as calcium, phosphorus, potassium, and iodine. The nutrients are beneficial to a healthy diet both individually and when interacting in a unique way within the dairy matrix.
- High quality dairy proteins and calcium play an important role in bone health and muscle growth.
- Dairy as part of a healthy diet is associated with many **health benefits**, including reduced risk of cardiovascular diseases, colorectal cancer, and type-2 diabetes.
- Dairy products have an **essential place in children's diet** because they contribute to physical and cognitive development as well as health maintenance.
- The importance of dairy in children's diets is highlighted by the separate and high daily dairy recommendations around Europe, on average the recommendation is 3-4 servings/day¹.
- Dairy is a **vital part of many cultures**, with products such as feta, parmesan, manchego and quark, being fundamental to a national identity and pride to share with others.
- The dairy sector could be key to ending poverty in all its forms especially for rural communities. The steady income from production and the nutritional richness of the products are key to raising families, particularly women food and financial poverty.²

¹ 3-4 servings/day – One serving: Milk (150-200ml), Yoghurt (125g), Cheese (20-30g)
EDA Factsheet: [Dairy and Children: A Healthy Combination](#)

² [The European Dairy Sector and the Sustainable Development Goals](#)

How much Dairy should we eat daily?

Dietary recommendations vary from country to country, and this also applies to the daily dairy guidelines. The suggested daily intake varies from the lowest, Bulgaria with 207 g/day of milk, to the highest, Spain with 699 g/day of milk. In fact, dairy recommendations can vary between age ranges depending on the country, as seen in figure 13. Due to the lack of harmonisation, EDA has calculated the amount of milk contained in dairy products expressed in grams of milk per day per capita. Milk equivalents are products such as cheese, yoghurt, baby formula and powders. This can be seen in figure 2 below.

Figure 1: Average European Dairy Recommendations



Average contribution (%) of dairy foods to nutrient intakes in adults in European countries (Based on a survey of eight Member States)

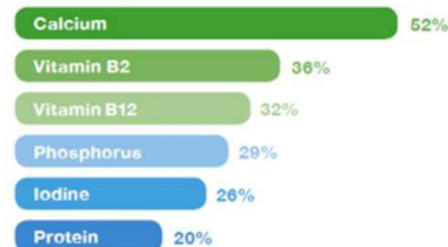


Figure 2: Member States Dairy Recommendation in g of milk/day¹

Austria	621	Germany	610	Netherlands	678
Belgium	375	Greece	517	Poland	259
Bulgaria	207	Hungary	517	Portugal	647
Croatia	517	Ireland	621	Romania	647
Cyprus	621	Italy	388	Slovakia	517
Denmark	359	Latvia	647	Slovenia	621
Estonia	518	Lithuania	324	Spain	699
Finland	569	Luxembourg	621	Sweden	362
France	310	Malta	517	UK	414

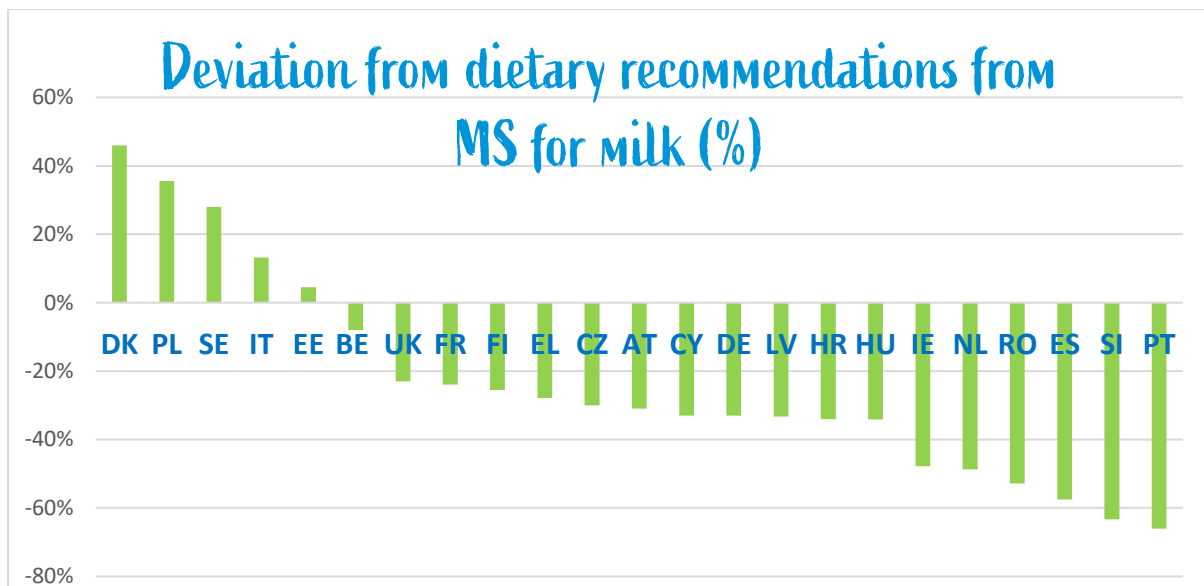
*Data from the Czech Republic was not available and not included in the table

³ EDA Factsheet: Dairy and Children
https://eda.euromilk.org/fileadmin/user_upload/Public_Documents/Nutrition_Factsheets/2018_03_05_EDA_Nutrition_factsheet_Dairy_and_children_D-NUT-18-018.pdf

Do we eat enough Dairy?

- Many Member States have good compliance for under 18s populations but not for older populations. Dairy as part of a healthy diet is important at all stages of life, it promotes growth in children, it can help to prevent lifestyle diseases in the adult population and helps prevent undernutrition in the elderly
- Figure 3 indicates that 18 of the Member States below do not even achieve their own dairy recommendations. **There is therefore a clear underconsumption of all dairy products in 18 out of 23 countries whose consumption data was collected.**
- It is important to note that the data is not harmonised or from a single EU wide survey, some of the data is also several years old
- In light of the shortcomings of available consumption data at national level, EDA calls on the European Commission to support Member States in their efforts to provide recent and accurate data on actual consumption of dairy.⁴


Figure 3: Percentage difference between recommendations and actual consumption of dairy on a daily basis



⁴ Data was calculated by taking the mean consumption data for all age ranges (when necessary: converting cheese into milk equivalent using the conversion factor provided by MS). This value was input into the equation for percentage change. The initial value used is the given daily dairy recommendation or the median in the case of a range (full EDA calculations available [here](#))

Annex

EDA Survey on national dairy dietary recommendations and compliance⁵


Country (region)	Quantitative recommendations	Qualitative recommendations	EDA's interpretation g milk/d per capita (Density skimmed milk: 1,0345 g/ml)	Compliance with national recommendations (consumption data)					
				(g/day)	Children	Adolescent	Adult	Elderly	
Austria 	3 servings/d Portion size: Milk (200 ml), yoghurt (200 ml), buttermilk (200 g), cottage cheese (1 fist), cheese (50-60 g, or two hand palm-sized, thin slices).	Prioritize low-fat milk and dairy products.	3 servings/d (1 portion size: 200 ml milk) 621 g/d per capita						
				Milk	222.31	86.40	120.27	67.92	
				Cheese	25.89	29.06	50.98	27.86	
				ADULTS (START) 2014 (SURVERY) AT-NATIONAL 2016		CHILDREN + ELDERLY (START) 2010 (SURVERY) ASNS -CHILDREN / ASNS - ADULTS		ADOLESCENTS (START) 2018 (SURVERY) AT-ADOLESCENTS 2018-2	
Belgium (national/federal) https://www.health.belgium.be/en/advisory-report-9284-fbdg-2019	250-500 g milk or milk equivalents per day <i>250 ml milk = 250 g yoghurt = 100 g fresh cheese = 30-40 g hard cheese</i>	Milk and dairy products: definition, categories and criteria - Dairy products with no added sugars (milk, fermented dairy products)	250-500 g milk or milk equivalents per day	Data retrieved from: https://www.health.belgium.be/sites/default/files/uploads/fields/fpshealth_theme_file/20190902_shc-9284_fbdg_vweb.pdf Table: Usual consumption (g/day) of dairy products (except cheese) and cheese in the population aged 3-64, per age group and gender. Food Consumption Survey, Belgium, 2014 (n = 3146)					

⁵ Based on survey among EDA members (status: update recommendations April 2020; update compliance: May 2020)


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Country (region)	Quantitative recommendations	Qualitative recommendations	EDA's interpretation g milk/d per capita (Density skimmed milk: 1,0345 g/ml)	Compliance with national recommendations (consumption data)																																														
		(yoghurt, kefir, etc.), buttermilk, unsweetened condensed milk) - Dairy products with added sugars / fat / salt (flavoured milk, fermented dairy products sweetened with sugar or fruit, sweetened dairy products, sweetened condensed milk Sweet milk-based desserts (pudding, etc.) - Cheeses (fromage blanc, ricotta, fromage blanc with fruit, soft and hard cheese, rindwashed cheese, blue cheese, processed cheese.		<table border="1"> <thead> <tr> <th></th> <th></th> <th>3-5 y</th> <th>6-9 y</th> <th>10-13 y</th> <th>14-17 y</th> <th>18-39 y</th> <th>40-64 y</th> </tr> <tr> <th>Food group</th> <th>Gender</th> <th>Mean</th> <th>Mean</th> <th>Mean</th> <th>Mean</th> <th>Mean</th> <th>Mean</th> </tr> </thead> <tbody> <tr> <td rowspan="2">Dairy products (except cheese)</td> <td>Male</td> <td>279</td> <td>253</td> <td>216</td> <td>186</td> <td>137</td> <td>112</td> </tr> <tr> <td>Female</td> <td>273</td> <td>207</td> <td>167</td> <td>142</td> <td>128</td> <td>134</td> </tr> <tr> <td rowspan="2">Cheese</td> <td>Male</td> <td>15</td> <td>18</td> <td>21</td> <td>26</td> <td>37</td> <td>34</td> </tr> <tr> <td>Female</td> <td>14</td> <td>19</td> <td>21</td> <td>23</td> <td>27</td> <td>31</td> </tr> </tbody> </table> <p>In brief: The 2014 FCS showed that the dairy consumption in Belgium was low, especially in the older population. Adults ate proportionally more cheese than other dairy products compared to younger age groups.</p>			3-5 y	6-9 y	10-13 y	14-17 y	18-39 y	40-64 y	Food group	Gender	Mean	Mean	Mean	Mean	Mean	Mean	Dairy products (except cheese)	Male	279	253	216	186	137	112	Female	273	207	167	142	128	134	Cheese	Male	15	18	21	26	37	34	Female	14	19	21	23	27	31
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		Exclusion - Vegetable juices and derivatives (GBD, 2017) (soya, rice, almond, hazelnut, etc.) Butter, cream																																																
Belgium  (Wallonia)	250-500 g milk or milk equivalents per day 250 ml milk = 250 g yoghurt = 100 g fresh cheese = 30-40 g hard cheese	Milk: Favour low-fat or semi-skimmed dairy, natural or lightly sweetened (max. 7% added sugars). Tolerated: whole fat dairy, unsweetened or max. 12% added sugars. Occasionally: whole fat dairy, sweetened. Cheeses: Favour: least amount of SFAs per serving. Tolerated: cheese with intermediate total and saturated fat content.	250-500 g/d per capita	Data retrieved from: https://www.health.belgium.be/sites/default/files/uploads/fields/fpshealth_theme_file/20190902_shc-9284_fbdg_vweb.pdf <table border="1"> <thead> <tr> <th></th> <th></th> <th>3-5 y</th> <th>6-9 y</th> <th>10-13 y</th> <th>14-17 y</th> <th>18-39 y</th> <th>40-64 y</th> </tr> <tr> <th>Food group</th> <th>Gender</th> <th>Mean</th> <th>Mean</th> <th>Mean</th> <th>Mean</th> <th>Mean</th> <th>Mean</th> </tr> </thead> <tbody> <tr> <td rowspan="2">Dairy products (except cheese)</td> <td>Male</td> <td>279</td> <td>253</td> <td>216</td> <td>186</td> <td>137</td> <td>112</td> </tr> <tr> <td>Female</td> <td>273</td> <td>207</td> <td>167</td> <td>142</td> <td>128</td> <td>134</td> </tr> <tr> <td rowspan="2">Cheese</td> <td>Male</td> <td>15</td> <td>18</td> <td>21</td> <td>26</td> <td>37</td> <td>34</td> </tr> <tr> <td>Female</td> <td>14</td> <td>19</td> <td>21</td> <td>23</td> <td>27</td> <td>31</td> </tr> </tbody> </table> Same source as for Flanders.			3-5 y	6-9 y	10-13 y	14-17 y	18-39 y	40-64 y	Food group	Gender	Mean	Mean	Mean	Mean	Mean	Mean	Dairy products (except cheese)	Male	279	253	216	186	137	112	Female	273	207	167	142	128	134	Cheese	Male	15	18	21	26	37	34	Female	14	19	21	23	27	31
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Belgium  (Flanders)		Occasionally: cheese high in total or saturated fat. Choose semi-skimmed milk products (as middle ground between full-fat and skimmed). Full-fat milk is recommended for children up to 4 years of age. You can replace a portion of milk product a day with a portion of cheese, as long as you take care of the quantity. Prefer low-fat and reduced-fat cheeses and quark. Notes: <u>alternatives for milk and dairy products</u> per category (light green, grey and red zone).	-	<p>Data retrieved from: https://www.health.belgium.be/sites/default/files/uploads/fields/fpshealth_theme_file/20190902_shc-9284_fbdg_vweb.pdf</p> <table border="1"> <thead> <tr> <th></th> <th></th> <th>3-5 y</th> <th>6-9 y</th> <th>10-13 y</th> <th>14-17 y</th> <th>18-39 y</th> <th>40-64 y</th> </tr> <tr> <th>Food group</th> <th>Gender</th> <th>Mean</th> <th>Mean</th> <th>Mean</th> <th>Mean</th> <th>Mean</th> <th>Mean</th> </tr> </thead> <tbody> <tr> <td rowspan="2">Dairy products (except cheese)</td> <td>Male</td> <td>279</td> <td>253</td> <td>216</td> <td>186</td> <td>137</td> <td>112</td> </tr> <tr> <td>Female</td> <td>273</td> <td>207</td> <td>167</td> <td>142</td> <td>128</td> <td>134</td> </tr> <tr> <td rowspan="2">Cheese</td> <td>Male</td> <td>15</td> <td>18</td> <td>21</td> <td>26</td> <td>37</td> <td>34</td> </tr> <tr> <td>Female</td> <td>14</td> <td>19</td> <td>21</td> <td>23</td> <td>27</td> <td>31</td> </tr> </tbody> </table> <p>Same source as for Wallonia.</p>			3-5 y	6-9 y	10-13 y	14-17 y	18-39 y	40-64 y	Food group	Gender	Mean	Mean	Mean	Mean	Mean	Mean	Dairy products (except cheese)	Male	279	253	216	186	137	112	Female	273	207	167	142	128	134	Cheese	Male	15	18	21	26	37	34	Female	14	19	21	23	27	31
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Bulgaria 	Consume daily a glass of yogurt or milk (200 ml) and 50 g cheese. This amount equals in terms of calcium content to 2 glasses of yogurt/milk or about 100 g cheese.	Choose milk and yogurt with low fat content (1.5%) or skimmed milk (0.1-0.5%). Prefer fresh cheese, low fat cheese and curds to cheeses with high fat content. Prefer cheese and curds with reduced or low salt content.	200 ml milk 207 g/d per capita	<table border="1"> <thead> <tr> <th>(g/day)</th> <th>Children</th> <th>Adolescent</th> <th>Adult</th> <th>Elderly</th> </tr> </thead> <tbody> <tr> <td>Milk</td> <td>69.60</td> <td>-</td> <td>-</td> <td>-</td> </tr> <tr> <td>Cheese</td> <td>20.87</td> <td>-</td> <td>-</td> <td>-</td> </tr> </tbody> </table> <p>(START) 2007 (SURVERY) NUTRICHILD</p>					(g/day)	Children	Adolescent	Adult	Elderly	Milk	69.60	-	-	-	Cheese	20.87	-	-	-
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Croatia 	More than 0.5 l of milk per day or the equivalent in dairy products.	Select partially skimmed or skimmed milk and milk products with low fat content.	More than 0.5 l milk >517 g/d per capita	<table border="1"> <thead> <tr> <th>(g/day)</th> <th>Children</th> <th>Adolescent</th> <th>Adult</th> <th>Elderly</th> </tr> </thead> <tbody> <tr> <td>Milk</td> <td>-</td> <td>-</td> <td>136.05</td> <td>-</td> </tr> <tr> <td>Cheese</td> <td>-</td> <td>-</td> <td>24.26</td> <td>-</td> </tr> </tbody> </table> <p>(START) 2011 (SURVERY) NIPNOP-HAH 2011-2012</p>					(g/day)	Children	Adolescent	Adult	Elderly	Milk	-	-	136.05	-	Cheese	-	-	24.26	-
(g/day)	Children	Adolescent	Adult	Elderly																			
Milk	-	-	136.05	-																			
Cheese	-	-	24.26	-																			
Cyprus 	2-3 portions/d milk or yoghurt. Portion size: 1 serving = 1 cup (240 ml) milk; 1/2 cup (120 ml) skimmed, unsweetened, condensed milk; 1/3 cup (80 ml) skimmed milk	Skimmed milk is recommended (i.e. containing 0-1% fat), alternatively low fat (< 2% fat).	2-3 portions/d (1 portion size: 240 ml milk) 496-745 g/d per capita	<table border="1"> <thead> <tr> <th>(g/day)</th> <th>Children</th> <th>Adolescent</th> <th>Adult</th> <th>Elderly</th> </tr> </thead> <tbody> <tr> <td>Milk</td> <td>180.17</td> <td>208.36</td> <td>139.54</td> <td>115.06</td> </tr> <tr> <td>Cheese</td> <td>25.275</td> <td>40.53</td> <td>41.68</td> <td>36.92</td> </tr> </tbody> </table> <p>(START) 2014 (SURVERY) CY 2014-2017 LOT1</p>					(g/day)	Children	Adolescent	Adult	Elderly	Milk	180.17	208.36	139.54	115.06	Cheese	25.275	40.53	41.68	36.92
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	<p>powder; 1 cup (240 ml) low-fat yoghurt; 1 cup (240 ml) kefir (ayran); 30 g halloumi or feta cheese, 35 g anari cheese, 2 tablespoons (30 ml) anari / halloumi, grated.</p> <p>Notes: Cheese is included in one group together with meat, legumes, eggs, peanut butter, tofu and fish.</p>							
Czech Republic	<p>1-3 portions Min 500ml milk or dairy</p> <p>Preschool 3-4 portions Adolescents 2-3 portions (250ml portion of milk)</p>	<p>Consume daily milk and dairy products, particularly sour milk products. Prefer low-fat dairy products, in particular fermented dairy products.</p>	<p>1-3 portions (portion size: 250ml milk)</p> <p>259-776 g/day per capita</p>	(g/day)				
					Children	Adolescent	Adult	Elderly
				Milk	203.09	183.11	98.29	-
				Cheese	20.95	27.66	31.02	
				(START) 2003 (SURVERY) SISP04				


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Denmark 	<p>From the new Dietary Guidelines (2021): 250 ml of milk/milk products and 20 gram of cheese daily is appropriate, when you eat a plant-rich and varied diet. This recommendation applies to all healthy Danes from 2 to 65 years. If you do not eat cheese, include 100 ml of milk or milk product. In this way, the recommendation is 350 ml of milk per day'.</p>	<p>Skim or buttermilk: max. 0.7% fat/100 g. Cheese: max. 17% fat. Sour milk products e.g. unflavoured yoghurt: max. 1.5 g/100 g fat; flavoured yoghurt: max. 4 g/100 g sugar. Avoid high-fat products, e.g. cream, butter.</p>	<p>359 g/d per capita</p>	<table border="1" data-bbox="1189 560 1861 906"> <thead> <tr> <th></th> <th></th> <th>4-9 y</th> <th>10-17 y</th> <th>18-75 y</th> </tr> <tr> <th>Food group</th> <th>Gender</th> <th>Mean (g/day)</th> <th>Mean (g/day)</th> <th>Mean (g/day)</th> </tr> </thead> <tbody> <tr> <td rowspan="3">Dairy products* (except cheese)</td> <td>Male</td> <td>457</td> <td>470</td> <td>337</td> </tr> <tr> <td>Female</td> <td>398</td> <td>346</td> <td>273</td> </tr> <tr> <td>Both</td> <td>428</td> <td>407</td> <td>304</td> </tr> <tr> <td rowspan="3">Cheese</td> <td>Male</td> <td>20</td> <td>28</td> <td>47</td> </tr> <tr> <td>Female</td> <td>21</td> <td>21</td> <td>41</td> </tr> <tr> <td>Both</td> <td>21</td> <td>25</td> <td>44</td> </tr> </tbody> </table> <p>*Dairy products include milk products (skimmed, whole milk, buttermilk, chocolate milk etc), yogurt and cream.</p> <p>Data retrieved from the report 'Dietary habits in Denmark 2011-2013' published 2015 by the Technical University of Denmark: https://www.food.dtu.dk/-/media/Institutter/Foedevareinstituttet/Publikationer/Pub-2015/Rapport_Danskernes-Kostvaner-2011-2013.ashx?la=da&hash=6272131AA16D3E74CA5B7B3E770BD24C62DBB8B5</p>			4-9 y	10-17 y	18-75 y	Food group	Gender	Mean (g/day)	Mean (g/day)	Mean (g/day)	Dairy products* (except cheese)	Male	457	470	337	Female	398	346	273	Both	428	407	304	Cheese	Male	20	28	47	Female	21	21	41	Both	21	25	44
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	Conversion factor 5								
Estonia 	2-3 portions Portion size: Milk: 2.5 dl if <2.5% fat, 2 dl if 2.5%, 1.7 dl if >2.5%, 200 g sour milk, cheese, kefir (≤2.5%), flavoured curd. Cottage cheese: 130 g if ≤2.5%, 120 g if 2.51-5%, 80 g if >5%. Non- flavoured yoghurt: 200 g if ≤2.5%, 150 g if 2.51-6%, 100 g if 6.1-10%. Cheeses: 90 g if ≤9.9%, 50 g if 10- 20.9%, 35 g if 21- 29.9%, 25 g if	Do not replace with plant substitutes. Liquid dairy products: prefer 2.5% fat. Cheese: prefer low- fat (not fat-free), low-salt. Sweeten yoghurt, curd with berries and fruit. Avoid very fat products.	2-3 portion (1 portion size: 2 dl milk) 414-621 g/d per capita	(g/day)	Children	Adolescent	Adult	Elderly	
					Milk	263.34	257.34	150.14	155.39
					Cheese	43.6	38.58	51.51	39.76
(START) 2013 (SURVERY) DIET-2014-EST-A And survey DIET-2014-EST-C									



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	<p>>30%. Sour cream: 100 g if 10%, 50 g if 20%, 35 g if 30%, 30 g if ≥30%.</p> <p>Flavoured yoghurt: 140 g if ≤2.5%, 100 g if >2.5%.</p> <p>Flavoured curds, cottage cheese: 100 g if ≤2.5%, 75 g if > 2.5%. 1 portion ≈ 110 kcal.</p>																																																																			
Finland 	<p>5-6 dl of liquid milk products and 2-3 slices of cheese daily.</p>	<p>Prefer low-fat, select max. 1% fat content for milk, buttermilk, yoghurt, curdled milk. Use skimmed milk, skimmed buttermilk, non-flavoured or low sugar yoghurt. Max. 17% fat and preference to reduced salt content in cheese. If necessary, can be replaced with V-derived drinks fortified with Ca</p>	<p>5-6 dl milk 517-621 g/d per capita</p>	<p style="text-align: right;">Women</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="2"></th> <th colspan="6" style="text-align: center;">Naiset (n=875)</th> </tr> <tr> <th colspan="2"></th> <th colspan="2" style="text-align: center;">18-44 v</th> <th colspan="2" style="text-align: center;">45-64 v</th> <th colspan="2" style="text-align: center;">65-74 v</th> </tr> <tr> <th colspan="2"></th> <th style="text-align: center;">g/vrk</th> <th style="text-align: center;">g/MJ</th> <th style="text-align: center;">g/vrk</th> <th style="text-align: center;">g/MJ</th> <th style="text-align: center;">g/vrk</th> <th style="text-align: center;">g/MJ</th> </tr> </thead> <tbody> <tr> <td>Dairy</td> <td>Maito</td> <td style="text-align: center;">396</td> <td style="text-align: center;">53</td> <td style="text-align: center;">402</td> <td style="text-align: center;">55</td> <td style="text-align: center;">376</td> <td style="text-align: center;">56</td> </tr> <tr> <td>Milks</td> <td>Maidot</td> <td style="text-align: center;">219</td> <td style="text-align: center;">29</td> <td style="text-align: center;">202</td> <td style="text-align: center;">28</td> <td style="text-align: center;">183</td> <td style="text-align: center;">28</td> </tr> <tr> <td>Fermented dairy</td> <td>Hapanmaitotuotteet</td> <td style="text-align: center;">114</td> <td style="text-align: center;">15</td> <td style="text-align: center;">138</td> <td style="text-align: center;">19</td> <td style="text-align: center;">138</td> <td style="text-align: center;">20</td> </tr> <tr> <td>Cheese</td> <td>Juustot</td> <td style="text-align: center;">39</td> <td style="text-align: center;">5,0</td> <td style="text-align: center;">38</td> <td style="text-align: center;">5,3</td> <td style="text-align: center;">31</td> <td style="text-align: center;">4,7</td> </tr> <tr> <td>Other dairy</td> <td>Muut maitovalmisteet</td> <td style="text-align: center;">25</td> <td style="text-align: center;">3,2</td> <td style="text-align: center;">23</td> <td style="text-align: center;">3,1</td> <td style="text-align: center;">25</td> <td style="text-align: center;">3,7</td> </tr> </tbody> </table> <p style="text-align: center;">g/vrk = g/d</p>			Naiset (n=875)								18-44 v		45-64 v		65-74 v				g/vrk	g/MJ	g/vrk	g/MJ	g/vrk	g/MJ	Dairy	Maito	396	53	402	55	376	56	Milks	Maidot	219	29	202	28	183	28	Fermented dairy	Hapanmaitotuotteet	114	15	138	19	138	20	Cheese	Juustot	39	5,0	38	5,3	31	4,7	Other dairy	Muut maitovalmisteet	25	3,2	23	3,1	25	3,7
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France 	2 servings/d of milk or dairy products. Portion size: 1 portion = 150 ml milk, 125 g yoghurt, 30 g cheese.	Consume enough but limited dairy products. Favour cheeses with the highest calcium content and less fat.	2 servings/d (1 portion size: 150 ml milk) 310 g/d per capita	Table from INCA 3 (national study on the food consumption) 2017 – daily consumption by food groups in adults :																																																

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				<p>Tableau 37. Taux de consommateurs et consommations journalières moyennes par groupe d'aliments, chez l'ensemble des individus et chez les seuls consommateurs, pour les adultes de 18 à 79 ans (n=2 121)</p> <table border="1"> <thead> <tr> <th rowspan="3">Groupe d'aliments</th> <th colspan="4">Ensemble des individus</th> <th colspan="3">Seuls consommateurs</th> </tr> <tr> <th>Taux de consommateurs¹</th> <th colspan="3">Consommation (g/j)</th> <th colspan="3">Consommation (g/j)</th> </tr> <tr> <th>% [IC à 95%]</th> <th>Moy.</th> <th>Ecart-Type</th> <th>Médiane</th> <th>Moy.</th> <th>Ecart-Type</th> <th>Médiane</th> </tr> </thead> <tbody> <tr> <td>Pain et panification sèche raffinés</td> <td>92,9 [91,2-94,4]</td> <td>108,1</td> <td>97,2</td> <td>80,9</td> <td>116,3</td> <td>96,0</td> <td>89,6</td> </tr> <tr> <td>Pain et panification sèche complets ou semi-complets</td> <td>16,0 [13,8-18,5]</td> <td>6,3</td> <td>20,9</td> <td>0,0</td> <td>39,5</td> <td>37,5</td> <td>28,0</td> </tr> <tr> <td>Céréales pour petit déjeuner et barres céréalières</td> <td>15,0 [12,9-17,4]</td> <td>4,8</td> <td>15,6</td> <td>0,0</td> <td>32,2</td> <td>27,5</td> <td>22,0</td> </tr> <tr> <td>Pâtes, riz, blé et autres céréales raffinées</td> <td>69,0 [66,1-71,7]</td> <td>62,7</td> <td>71,0</td> <td>42,0</td> <td>90,8</td> <td>69,0</td> <td>71,4</td> </tr> <tr> <td>Pâtes, riz, blé et autres céréales complètes et semi-complètes</td> <td>3,4 [2,6-4,4]</td> <td>1,6</td> <td>11,0</td> <td>0,0</td> <td>47,1</td> <td>38,0</td> <td>39,3</td> </tr> <tr> <td>Viennoiseries, pâtisseries, gâteaux et biscuits sucrés</td> <td>79,8 [77,2-82,2]</td> <td>57,0</td> <td>59,5</td> <td>40,4</td> <td>71,4</td> <td>58,4</td> <td>55,3</td> </tr> <tr> <td>Laits</td> <td>43,7 [40,6-46,9]</td> <td>75,3</td> <td>144,5</td> <td>0,0</td> <td>172,3</td> <td>176,3</td> <td>137,6</td> </tr> <tr> <td>Yaourts et fromages blancs</td> <td>68,6 [65,2-71,9]</td> <td>76,7</td> <td>78,7</td> <td>57,5</td> <td>111,8</td> <td>71,4</td> <td>89,3</td> </tr> <tr> <td>Fromages</td> <td>80,4 [78,0-82,5]</td> <td>30,9</td> <td>31,3</td> <td>24,3</td> <td>38,5</td> <td>30,4</td> <td>31,7</td> </tr> </tbody> </table> <p>Medium consumption is 75,3 g of milk, 76,7g of yoghourt and cottage cheese, 30,9g of cheese Table from the HCSP (high council for public health) 9th February 2018 on quantified public health objectives : data on dairy products</p> <table border="1"> <thead> <tr> <th colspan="3">Produits laitiers</th> </tr> </thead> <tbody> <tr> <td>- 100% de la population consomme au moins un produit laitier par jour ;</td> <td>% d'adultes qui consomment au moins un produit laitier par jour ;</td> <td>62.4% en 2015 Pas d'évolution depuis 2006</td> </tr> <tr> <td>- 100% de la population consomme moins de 4 produits laitiers par jour.</td> <td>% d'adultes qui consomment moins de 4 produits laitiers par jour</td> <td>84.2% en 2015 Pas d'évolution depuis 2006</td> </tr> </tbody> </table> <p>62,4% consuming at least on dairy product / day → 37,6% non compliance (too low) 84,2 % consuming less than 4 dairy product / day → 15,8% non compliance (too high)</p>	Groupe d'aliments	Ensemble des individus				Seuls consommateurs			Taux de consommateurs ¹	Consommation (g/j)			Consommation (g/j)			% [IC à 95%]	Moy.	Ecart-Type	Médiane	Moy.	Ecart-Type	Médiane	Pain et panification sèche raffinés	92,9 [91,2-94,4]	108,1	97,2	80,9	116,3	96,0	89,6	Pain et panification sèche complets ou semi-complets	16,0 [13,8-18,5]	6,3	20,9	0,0	39,5	37,5	28,0	Céréales pour petit déjeuner et barres céréalières	15,0 [12,9-17,4]	4,8	15,6	0,0	32,2	27,5	22,0	Pâtes, riz, blé et autres céréales raffinées	69,0 [66,1-71,7]	62,7	71,0	42,0	90,8	69,0	71,4	Pâtes, riz, blé et autres céréales complètes et semi-complètes	3,4 [2,6-4,4]	1,6	11,0	0,0	47,1	38,0	39,3	Viennoiseries, pâtisseries, gâteaux et biscuits sucrés	79,8 [77,2-82,2]	57,0	59,5	40,4	71,4	58,4	55,3	Laits	43,7 [40,6-46,9]	75,3	144,5	0,0	172,3	176,3	137,6	Yaourts et fromages blancs	68,6 [65,2-71,9]	76,7	78,7	57,5	111,8	71,4	89,3	Fromages	80,4 [78,0-82,5]	30,9	31,3	24,3	38,5	30,4	31,7	Produits laitiers			- 100% de la population consomme au moins un produit laitier par jour ;	% d'adultes qui consomment au moins un produit laitier par jour ;	62.4% en 2015 Pas d'évolution depuis 2006	- 100% de la population consomme moins de 4 produits laitiers par jour.	% d'adultes qui consomment moins de 4 produits laitiers par jour	84.2% en 2015 Pas d'évolution depuis 2006
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Fact sheet


Country (region)	Quantitative recommendations	Qualitative recommendations	EDA's interpretation g milk/d per capita (Density skimmed milk: 1,0345 g/ml)	Compliance with national recommendations (consumption data)															
Germany  FBDG 2017 German Nutrition Society (DGE): general recommendations	Every day, eat: 200-250 g milk and milk products and 2 slices (50-60 g) of cheese. Portion size: 150 g fermented milk products, 1 glass of milk, 1 slice of cheese = 30 g. Notes: Included in the "animal products" group. Conversion factor for cheese: 7	Milk and dairy products every day.	550-670 g/d per capita	Source: national consumption survey II (NVS II), 2008: https://www.bmel.de/SharedDocs/Downloads/Ernaehrung/NVS_ErgebnisberichtTeil2.pdf?__blob=publicationFile Average consumption of milk, Dairy products, cheese and milk-based meals (g/d) Milk, dairy products, cheese m: 248 g/d (m; male); 227 g/d (f; female) thereof: milk and milk drinks 131 g/d (m); 98 g/d (f) dairy products (like yoghurt, butter milk) 75 g/d (m); 88 g/d (f) Cheese and quark 43 g/d (m); 41 g/d (f) Milk based meals (like rice pudding, ready to eat muesli or cereals, pudding, cheese salad) 17 g/d (m); 17 g/d (f)															
Greece 	2 servings/d Portion size: 1 glass of milk (250 ml); 1 cup of yoghurt (200 g); 30 g hard natural cheese; 60 g soft cheese. Conversion : 5.56	Consume a variety of dairy products. Prefer low-fat dairy products.	2 servings/d (1 portion size: 250 ml milk) 517 g/d per capita	<table border="1"> <thead> <tr> <th>(g/day)</th> <th>Children</th> <th>Adolescent</th> <th>Adult</th> <th>Elderly</th> </tr> </thead> <tbody> <tr> <td>Milk</td> <td>154.61</td> <td>281.94</td> <td>116.04</td> <td>109.34</td> </tr> <tr> <td>Cheese</td> <td>17.7</td> <td>44.8</td> <td>53.66</td> <td>39.89</td> </tr> </tbody> </table> <p>(START) 2014 (SURVERY) GR-EFSA-LOT2 2014-2015</p> <p>Children data (START) 2004 (SURVERY) REGIONAL CRETE</p>	(g/day)	Children	Adolescent	Adult	Elderly	Milk	154.61	281.94	116.04	109.34	Cheese	17.7	44.8	53.66	39.89
(g/day)	Children	Adolescent	Adult	Elderly															
Milk	154.61	281.94	116.04	109.34															
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Country (region)	Quantitative recommendations	Qualitative recommendations	EDA's interpretation g milk/d per capita (Density skimmed milk: 1,0345 g/ml)	Compliance with national recommendations (consumption data)																			
Hungary 	<p>0.5 l milk (or equivalent) per day is recommended. Consume milk and dairy products every day. Portion size: 2 dl milk / yoghurt / kefir, 50 g curd, 30 g cheese. Notes: Included in "Meat/fish/eggs/milk and dairy products" group.</p> <p>Conversion: 6.67</p>	<p>Choose low-fat. Each meal should have complete protein.</p>	<p>0.5 l milk (or equivalent) per day 517 g/d per capita</p>	<table border="1" data-bbox="1126 523 2128 643"> <thead> <tr> <th data-bbox="1126 523 1326 555">(g/day)</th> <th data-bbox="1326 523 1525 555">Children</th> <th data-bbox="1525 523 1724 555">Adolescent</th> <th data-bbox="1724 523 1924 555">Adult</th> <th data-bbox="1924 523 2128 555">Elderly</th> </tr> </thead> <tbody> <tr> <td data-bbox="1126 555 1326 587">Milk</td> <td data-bbox="1326 555 1525 587">-</td> <td data-bbox="1525 555 1724 587">-</td> <td data-bbox="1724 555 1924 587">185.05</td> <td data-bbox="1924 555 2128 587">200.04</td> </tr> <tr> <td data-bbox="1126 587 1326 619">Cheese</td> <td data-bbox="1326 587 1525 619">-</td> <td data-bbox="1525 587 1724 619">-</td> <td data-bbox="1724 587 1924 619">23.92</td> <td data-bbox="1924 587 2128 619">20.83</td> </tr> </tbody> </table> <p>(START) 2003 (SURVERY) NATIONAL REPR SURV</p> <p>Children and adolescents not provided</p>					(g/day)	Children	Adolescent	Adult	Elderly	Milk	-	-	185.05	200.04	Cheese	-	-	23.92	20.83
(g/day)	Children	Adolescent	Adult	Elderly																			
Milk	-	-	185.05	200.04																			
Cheese	-	-	23.92	20.83																			
Iceland 	<p>2 glasses, dishes or cans of milk or dairy products a day or 500 ml. Cheese can partly substitute dairy products. One portion of dairy products equals 25 g of cheese. Portion size: 250 ml liquid dairy; 25 g cheese.</p>	<p>Use most often low fat, unsweetened or low sugary dairy products without artificial sweeteners. Limit the consumption of milk products that contain much of saturated fat such as whole milk, cream, fatty cheeses or butter. However, there is room for moderate</p>	<p>500 ml milk 517 g/d per capita</p>	<p>Not available</p>																			






Fact sheet

Country (region)	Quantitative recommendations	Qualitative recommendations	EDA's interpretation g milk/d per capita (Density skimmed milk: 1,0345 g/ml)	Compliance with national recommendations (consumption data)				
		consumption of fatter dairy products occasionally if the diet is otherwise in accordance with recommendations. Choose milk products with the Keyhole label if possible.						
Ireland 	3 servings a day of milk, yoghurt, or cheese. Portion size: 1 glass (200 ml) milk, 1 carton (125 g) yoghurt, 1 bottle (200 ml) yoghurt drink, 2 thumbs (25 g) hard or semi-hard cheese such as cheddar or edam, 2 thumbs (25 g) soft cheese such as brie or camembert.	Choose reduced-fat or low-fat varieties. Choose low-fat milk and yoghurt more often than cheese. Enjoy cheese in small amounts.	3 servings (1 portion size: 200 ml milk) 621 g/d per capita	(g/day)	Children	Adolescent	Adult	Elderly
				Milk	-	-	213.32	208.27
				Cheese			19.86	11.535
				(START) 2008 (SURVERY) NANS 2012 Children and adolescents not available Conversion factor: 8				


Fact sheet

Country (region)	Quantitative recommendations	Qualitative recommendations	EDA's interpretation g milk/d per capita (Density skimmed milk: 1,0345 g/ml)	Compliance with national recommendations (consumption data)																			
Italy 	<p>3 portions/day of milk or yogurt + 3 portions/week of cheese</p> <p>Portion sizes: 1 glass (125 ml) milk, 125 g yoghurt, 100 g cheese < 25%fat (or <300kcal/100g) or 50 g cheese >25%fat (or >300kcal/100g).</p>	<p>Milk: choose skimmed or semi-skimmed. Cheese: choose leaner varieties.</p>	<p>3 glasses/d (1 portion size: 125 ml milk) 388 g/d per capita</p>	<table border="1" data-bbox="1126 523 2128 643"> <thead> <tr> <th>(g/day)</th> <th>Children</th> <th>Adolescent</th> <th>Adult</th> <th>Elderly</th> </tr> </thead> <tbody> <tr> <td>Milk</td> <td>237.75</td> <td>153.01</td> <td>103.61</td> <td>128.51</td> </tr> <tr> <td>Cheese</td> <td>34.87</td> <td>58.34</td> <td>59.60</td> <td>52.7</td> </tr> </tbody> </table> <p>(START) 2005 (SURVERY) INRAN SCAI 2005-06</p>					(g/day)	Children	Adolescent	Adult	Elderly	Milk	237.75	153.01	103.61	128.51	Cheese	34.87	58.34	59.60	52.7
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Milk	237.75	153.01	103.61	128.51																			
Cheese	34.87	58.34	59.60	52.7																			
Latvia 	<p>2-3 cups milk or sour milk/d Portion size: 250 ml milk or sour milk.</p>	<p>Prefer low-fat versions of milk and dairy products. Cheese is also a good source of calcium, but it can also contain lots of fat and salt, so choose a less salty and fatty cheese with fat content not exceeding 20%. Restrict cream and sour cream.</p>	<p>2-3 cups milk (1 portion size: 250 ml milk) 517-776 g/d per capita</p>	<table border="1" data-bbox="1126 943 2128 1062"> <thead> <tr> <th>(g/day)</th> <th>Children</th> <th>Adolescent</th> <th>Adult</th> <th>Elderly</th> </tr> </thead> <tbody> <tr> <td>Milk</td> <td>181.95</td> <td>135.07</td> <td>62.04</td> <td>87.73</td> </tr> <tr> <td>Cheese</td> <td>29.36</td> <td>34.85</td> <td>47.79</td> <td>38.29</td> </tr> </tbody> </table> <p>(START) 2012 (SURVERY) LATVIA_2014</p>					(g/day)	Children	Adolescent	Adult	Elderly	Milk	181.95	135.07	62.04	87.73	Cheese	29.36	34.85	47.79	38.29
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Fact sheet


Country (region)	Quantitative recommendations	Qualitative recommendations	EDA's interpretation g milk/d per capita (Density skimmed milk: 1,0345 g/ml)	Compliance with national recommendations (consumption data)
Lithuania  Food Pyramid Physical activity recommendations by Health Education and Disease Prevention Centre 2018.	2-3 portions/d Size portion: 1 glass of milk or sour milk, 1/2 cup of cottage cheese, about 40 g of cheese.	Use skimmed milk, lean and not salty milk products (e.g. sour milk, kefir, yoghurt, cottage cheese).	2-3 portions/d (1 portion size: 125 ml milk) 259-388 g/d per capita	Not available
Luxembourg 	3 servings/d Size portion: 200 ml milk, 125 g yoghurt, a slice of hard cheese, small wedge (1/8) of soft cheese (e.g. camembert).	Semi-skimmed products are less caloric and contain less cholesterol than whole-fat products. Creams are excluded from this group.	3 servings/d (1 portion size: 200 ml milk) 621 g/d per capita	Not available
Malta 	2 servings/d Portion size: 250 ml milk; 1 tub (150 ml) yoghurt; 30-40 g cheese; 45-50 g rikotta/gbejna.	Choose low-fat plain milk, yogurt and cheese as part of your daily diet. Lower fat versions are still high in protein and calcium.	2 servings/d (1 portion size: 250 ml milk) 517 g/d per capita	Not available

Fact sheet


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Netherlands 	<p>2-3 servings and 40 g cheese per day for both men and women aged 19-50 yr.</p> <p>Portion size: Glass or small bowl: 150 ml. Additional recommendations for children; elderly; pregnant women; lactating women.</p> <p>Notes: Included in protein-rich products.</p> <p>Dutch cheese conversion factor 7</p>	Consume enough dairy products such as milk, yoghurt, and cheese.	<p>2-3 servings/d + 40g cheese (1 portion size: 150 ml milk, cheese) 600-755 g/d per capita</p>	<p>Data retrieved from: https://www.wateetnederland.nl/resultaten/voedingsmiddelen/consumptie/zuivelproducten (2012-2016)</p> <table border="1"> <thead> <tr> <th></th> <th></th> <th>1-3 y</th> <th>4-8 y</th> <th>9-13 y</th> <th>14-18 y</th> <th>19-30 y</th> <th>31-50 y</th> <th>51-70 y</th> <th>71-79 y</th> </tr> <tr> <th>Food group</th> <th>Gender</th> <th>Mean</th> <th>Mean</th> <th>Mean</th> <th>Mean</th> <th>Mean</th> <th>Mean</th> <th>Mean</th> <th>Mean</th> </tr> </thead> <tbody> <tr> <td rowspan="2">Dairy (other)</td> <td>Male</td> <td>1.9</td> <td>2.9</td> <td>2.6</td> <td>3.7</td> <td>1.8</td> <td>3.9</td> <td>0.8</td> <td>1.9</td> </tr> <tr> <td>Female</td> <td>3.2</td> <td>3.5</td> <td>0.4</td> <td>1.5</td> <td>1.7</td> <td>0.2</td> <td>0.9</td> <td>1.2</td> </tr> <tr> <td rowspan="2">Milk, milk drinks (not fermented)</td> <td>Male</td> <td>252.3</td> <td>201.5</td> <td>198.0</td> <td>202.7</td> <td>177.9</td> <td>153.7</td> <td>154.1</td> <td>146.9</td> </tr> <tr> <td>Female</td> <td>212.5</td> <td>174.2</td> <td>158.4</td> <td>132.9</td> <td>142.7</td> <td>130.1</td> <td>89.2</td> <td>97.3</td> </tr> <tr> <td rowspan="2">Milk, milk drinks (fermented)</td> <td>Male</td> <td>65.6</td> <td>86.9</td> <td>69.5</td> <td>34.1</td> <td>49.3</td> <td>39.5</td> <td>70.6</td> <td>40.9</td> </tr> <tr> <td>Female</td> <td>60.0</td> <td>85.5</td> <td>52.7</td> <td>48.0</td> <td>38.8</td> <td>44.8</td> <td>54.0</td> <td>64.0</td> </tr> <tr> <td rowspan="2">Dairy replacements</td> <td>Male</td> <td>6.3</td> <td>10.5</td> <td>11.5</td> <td>3.3</td> <td>3.9</td> <td>6.2</td> <td>6.8</td> <td>1.9</td> </tr> <tr> <td>Female</td> 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<td>422.6</td> <td>404.8</td> <td>403.5</td> <td>368.6</td> <td>378.1</td> <td>355.4</td> <td>394.6</td> <td>364.8</td> </tr> <tr> <td>Female</td> <td>378.0</td> <td>368.0</td> <td>325.0</td> <td>277.0</td> <td>318.4</td> <td>326.0</td> <td>313.7</td> <td>328.5</td> </tr> </tbody> </table>			1-3 y	4-8 y	9-13 y	14-18 y	19-30 y	31-50 y	51-70 y	71-79 y	Food group	Gender	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Mean	Dairy (other)	Male	1.9	2.9	2.6	3.7	1.8	3.9	0.8	1.9	Female	3.2	3.5	0.4	1.5	1.7	0.2	0.9	1.2	Milk, milk drinks (not fermented)	Male	252.3	201.5	198.0	202.7	177.9	153.7	154.1	146.9	Female	212.5	174.2	158.4	132.9	142.7	130.1	89.2	97.3	Milk, milk drinks (fermented)	Male	65.6	86.9	69.5	34.1	49.3	39.5	70.6	40.9	Female	60.0	85.5	52.7	48.0	38.8	44.8	54.0	64.0	Dairy replacements	Male	6.3	10.5	11.5	3.3	3.9	6.2	6.8	1.9	Female	8.8	8.8	9.6	0.8	8.9	13.0	12.8	6.6	Yoghurt	Male	27.0	29.4	38.0	34.9	46.4	50.7	60.8	66.3	Female	30.9	33.1	34.6	29.8	55.4	59.0	71.8	70.6	Curd	Male	11.1	8.0	6.5	7.0	20.0	11.0	5.1	15.1	Female	10.2	6.5	5.7	2.6	8.3	19.4	12.9	9.9	Cheese	Male	12.8	17.9	20.5	26.1	36.8	41.6	41.5	33.1	Female	12.5	15.2	18.5	22.5	30.8	32.6	34.3	28.8	Custard, porridge, pudding, mousse	Male	38.7	31.1	35.3	38.4	24.6	30.2	36.0	36.7	Female	31.3	26.2	21.6	22.2	18.4	13.5	21.4	32.0	Cream, coffee cream	Male	0.8	1.2	2.7	3.0	6.9	9.3	8.7	11.9	Female	0.7	1.1	1.9	1.7	6.0	6.9	9.7	11.6	Ice-cream	Male	6.1	15.4	18.9	15.4	10.5	9.3	10.2	10.1	Female	7.9	13.9	21.6	15.0	7.4	6.5	6.7	6.5	Total	Male	422.6	404.8	403.5	368.6	378.1	355.4	394.6	364.8	Female	378.0	368.0	325.0	277.0	318.4	326.0	313.7	328.5
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Norway 	<p>Notes: A daily intake of lean dairy products means 3 portions/d. Examples of portions of dairy products are given.</p>	<p>Include low-fat dairy products as a part of your daily diet. Limit the use of dairy products that contain high levels of saturated fat, such as whole milk, cream, fatty cheese and butter. Choose dairy products with low fat, salt, and added sugar.</p>	<p>3 portions/d (1 portion size: 125 ml milk) 388 g/d per capita</p>	<p>Not available</p>

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Poland 	At least 2 large glasses of milk or alternatively 1 yoghurt, kefir, buttermilk.	Cheese has even greater calcium content (100 g covers 100% calcium needs) but should still be eaten less often and in lesser amount than milk, yoghurt, kefir due to its fat and energy content.	2 large glasses/d (1 portion size: 125 ml milk) 259 g/d per capita	<p>Przeciętne miesięczne spożycie niektórych artykułów na 1 osobę w gospodarstwie domowym</p> <table border="1"> <thead> <tr> <th></th> <th>2010</th> <th>2018</th> <th>2019</th> </tr> </thead> <tbody> <tr> <td>Pieczywo i produkty zbożowe w kg</td> <td>7,01</td> <td>5,48</td> <td>5,36</td> </tr> <tr> <td>Mięso w kg</td> <td>5,57</td> <td>5,20</td> <td>5,08</td> </tr> <tr> <td>Ryby i owoce morza w kg</td> <td>0,45</td> <td>0,28</td> <td>0,27</td> </tr> <tr> <td>Mleko w l</td> <td>3,51</td> <td>2,94</td> <td>2,87</td> </tr> <tr> <td>Sery i twarogi w kg</td> <td>0,95</td> <td>0,87</td> <td>0,89</td> </tr> <tr> <td>Jaja w szt.</td> <td>12,81</td> <td>11,09</td> <td>10,99</td> </tr> <tr> <td>Oleje i tłuszcze w kg</td> <td>1,35</td> <td>1,07</td> <td>1,05</td> </tr> <tr> <td>Owoce w kg</td> <td>3,43</td> <td>3,75</td> <td>3,79</td> </tr> <tr> <td>Warzywa w kg</td> <td>9,95</td> <td>7,92</td> <td>7,61</td> </tr> <tr> <td>Cukier, dżem, miód, czekolada i wyroby cukiernicze w kg</td> <td>1,76</td> <td>1,76</td> <td>1,62</td> </tr> <tr> <td>Wody mineralne lub źródlane w l</td> <td>3,85</td> <td>5,70</td> <td>5,78</td> </tr> </tbody> </table> <p>link <i>Poland in numbers 2020, Polish Statistical Office GUS Figures from 2019 (converted into g/day from kg/month and litres/month)</i></p>		2010	2018	2019	Pieczywo i produkty zbożowe w kg	7,01	5,48	5,36	Mięso w kg	5,57	5,20	5,08	Ryby i owoce morza w kg	0,45	0,28	0,27	Mleko w l	3,51	2,94	2,87	Sery i twarogi w kg	0,95	0,87	0,89	Jaja w szt.	12,81	11,09	10,99	Oleje i tłuszcze w kg	1,35	1,07	1,05	Owoce w kg	3,43	3,75	3,79	Warzywa w kg	9,95	7,92	7,61	Cukier, dżem, miód, czekolada i wyroby cukiernicze w kg	1,76	1,76	1,62	Wody mineralne lub źródlane w l	3,85	5,70	5,78
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Portugal 	2-3 servings/d Portion size: 1 cup (250 ml) milk, 1 liquid yoghurt or 1.5 solid yoghurt (200 g), 2 thin slices of cheese (40 g), 1/4 fresh cheese - medium size (50 g), 1/2 curd - medium size (100 g).	<u>Consume a variety of dairy products.</u> <u>Prefer low-fat products.</u>	2-3 servings/d (1 portion size: 250 ml milk) 517-776 g/d per capita	<table border="1"> <thead> <tr> <th data-bbox="1122 552 1355 762"></th> <th colspan="5" data-bbox="1355 552 2132 619">Age Group</th> </tr> <tr> <th data-bbox="1122 619 1355 762">Food Group</th> <th data-bbox="1355 619 1512 762">Kids (< 10)</th> <th data-bbox="1512 619 1675 762">Teenagers (from 10 to 17)</th> <th data-bbox="1675 619 1839 762">Adults (from 18 to 64)</th> <th data-bbox="1839 619 1993 762">Seniors (from 65 to 85)</th> <th data-bbox="1993 619 2132 762">Total</th> </tr> </thead> <tbody> <tr> <td data-bbox="1122 762 1355 820">Dairy Products</td> <td data-bbox="1355 762 1512 820">471,3</td> <td data-bbox="1512 762 1675 820">360,6</td> <td data-bbox="1675 762 1839 820">229</td> <td data-bbox="1839 762 1993 820">208,7</td> <td data-bbox="1993 762 2132 820">253,5</td> </tr> <tr> <td data-bbox="1122 820 1355 877">Milk</td> <td data-bbox="1355 820 1512 877">266,9</td> <td data-bbox="1512 820 1675 877">249,8</td> <td data-bbox="1675 820 1839 877">149,2</td> <td data-bbox="1839 820 1993 877">156</td> <td data-bbox="1993 820 2132 877">166,9</td> </tr> <tr> <td data-bbox="1122 877 1355 935">Cheese and Curd</td> <td data-bbox="1355 877 1512 935">9,4</td> <td data-bbox="1512 877 1675 935">14,9</td> <td data-bbox="1675 877 1839 935">18,8</td> <td data-bbox="1839 877 1993 935">17</td> <td data-bbox="1993 877 2132 935">17,5</td> </tr> <tr> <td data-bbox="1122 935 1355 1094">yogurts and other fermented milks</td> <td data-bbox="1355 935 1512 1094">86,5</td> <td data-bbox="1512 935 1675 1094">71,7</td> <td data-bbox="1675 935 1839 1094">63,3</td> <td data-bbox="1839 935 1993 1094">38,2</td> <td data-bbox="1993 935 2132 1094">61,2</td> </tr> </tbody> </table> <p data-bbox="1211 1102 2038 1142">Average daily intake, in grams, stratified by age group</p> <p data-bbox="1122 1169 2132 1241">For more information check this source: https://ian-af.up.pt/sites/default/files/IAN-AF%20Relat%C3%B3rio%20Resultados_0.pdf</p> <p data-bbox="1122 1268 2018 1300">This consumption data is from the last inquiry accomplished, in 2015-2016.</p>							Age Group					Food Group	Kids (< 10)	Teenagers (from 10 to 17)	Adults (from 18 to 64)	Seniors (from 65 to 85)	Total	Dairy Products	471,3	360,6	229	208,7	253,5	Milk	266,9	249,8	149,2	156	166,9	Cheese and Curd	9,4	14,9	18,8	17	17,5	yogurts and other fermented milks	86,5	71,7	63,3	38,2	61,2
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				<p>The Portuguese population consumes, on average, around 254 g/day of “dairy products”, from which on average 167 g/day are milk. Children and adolescents are the age groups that most consume milk, followed by the Seniors. Adults consume significantly less milk than other age groups. As for yogurts and other fermented milks, children continue to stand out as the main consumers (87 g / day, on average), with the seniors, the age group with the lowest consumption.</p> <p>Considering the analysis of food and beverage consumption by geographical region, some characteristics are highlighted. For example, the group “Dairy products” presents a different consumption per region. There are, for this group, higher values in the Azores region, both for average consumption (308 g/day) and for several percentiles of the consumption distribution, in relation to the other regions (consumption medium - North: 262 g/day; Center: 253 g/day; Lisbon: 242 g/day; Alentejo: 268 g/day; Algarve: 247 g/day; Madeira: 224 g/day). Analyzing consumption data at the subgroup level, only milk has higher consumption values in the Azores (227 g / day).</p>															
<p>Romania 🇷🇴</p>	<p>2-3 servings of fresh dairy products. Portion size: A cup of milk 250 ml or yoghurt, ½ cup cottage cheese, 50 g feta. Conversion 5</p>	<p>Prefer low-fat products like skimmed milk.</p>	<p>2-3 servings/d (1 portion size: a cup of milk, 250 ml)</p> <p>517-776 g/d per capita</p>	<table border="1"> <thead> <tr> <th>(g/day)</th> <th>Children</th> <th>Adolescent</th> <th>Adult</th> <th>Elderly</th> </tr> </thead> <tbody> <tr> <td>Milk</td> <td>-</td> <td>-</td> <td>82</td> <td>111.3</td> </tr> <tr> <td>Cheese</td> <td>-</td> <td>-</td> <td>37.48</td> <td>42.19</td> </tr> </tbody> </table> <p>(START) 2012 (SURVERY) DIETA PILOT ADULTS</p>	(g/day)	Children	Adolescent	Adult	Elderly	Milk	-	-	82	111.3	Cheese	-	-	37.48	42.19
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Slovak Rep	2 portions of milk or dairy products daily. Size portion: 1 glass of milk (250 ml) or 1 yoghurt (150 ml) or 2 slices of cheese (50 g).	Increase intake of skimmed milk, low fat yoghurt and reduced fat cheese.	2 portions/d (1 portion size: 250 ml milk) 517 g/d per capita	Not available															
Slovenia	2-4 servings (everyday). The daily recommended amount of milk is 4-6 dl or suitable replacements for milk. Portion size: One serving = 1 cup (2 dl) of partially skimmed milk or 1 cup of yoghurt or half a slice of reduced-fat cheese or 3 tablespoons of	Use low-fat options.	2-4 servings/d (1 portion size: 200 ml milk) 414-828 g/d per capita	<table border="1"> <thead> <tr> <th>(g/day)</th> <th>Children</th> <th>Adolescent</th> <th>Adult</th> <th>Elderly</th> </tr> </thead> <tbody> <tr> <td>Milk</td> <td>125.48</td> <td>111.82</td> <td>63.40</td> <td>55.35</td> </tr> <tr> <td>Cheese</td> <td>10.08</td> <td>19.96</td> <td>23.53</td> <td>16.09</td> </tr> </tbody> </table> <p>(START) 2017 (SURVERY) SI.MENU 2018</p>	(g/day)	Children	Adolescent	Adult	Elderly	Milk	125.48	111.82	63.40	55.35	Cheese	10.08	19.96	23.53	16.09
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Spain 	2-4 servings/d Portion size: Milk: 200-250 ml Yogurt: 200-250 g Aged cheese: 40-60 g Fresh cheese: 80-125 g Conv 4.5	Consumption of high-quality dairy products; prioritizing lower fat and no added sugar options.	2-4 servings/d (1 portion size: 200-250 ml) *Average 225 ml 466-931 g/d per capita	<p style="text-align: center;">Household consumption of dairy products</p> <table border="1" data-bbox="1160 930 1509 1254"> <thead> <tr> <th colspan="2">CONSUMO HOGARES</th> </tr> <tr> <th>AÑO</th> <th>TONELADAS</th> </tr> </thead> <tbody> <tr><td>2011</td><td>5.169.108</td></tr> <tr><td>2012</td><td>5.166.172</td></tr> <tr><td>2013</td><td>5.128.203</td></tr> <tr><td>2014</td><td>5.018.876</td></tr> <tr><td>2015</td><td>5.019.754</td></tr> <tr><td>2016</td><td>4.924.307</td></tr> <tr><td>2017</td><td>4.937.444</td></tr> <tr><td>2018</td><td>4.973.296</td></tr> </tbody> </table>  <p style="text-align: center;">Source: Ministry of Agriculture, Fisheries and Food (MAPA)</p>	CONSUMO HOGARES		AÑO	TONELADAS	2011	5.169.108	2012	5.166.172	2013	5.128.203	2014	5.018.876	2015	5.019.754	2016	4.924.307	2017	4.937.444	2018	4.973.296
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Sweden 🇸🇪	From 2 y + adults: In order to meet the recommendation for calcium and depending on what else you eat (e.g. cheese) 2-5 dl milk, sour milk ("filmjök" in Swedish) and yoghurt per day	Switch to low-fat, unsweetened and enriched with Vit D dairy products (mandatory vit D enrichment in Sweden). Look for the Keyhole symbol. Statistics from Swedish Board of Agriculture 2018	200-500 ml/d milk 207-517 g milk/d per capita	<ul style="list-style-type: none"> Consumption data from Swedish Board of Agriculture 2018: <ul style="list-style-type: none"> Total milk (drinking milk, fermented milk ("filmjök" in Swedish), yoghurt (<1,0 % - >2,0 % fat)): 269 g milk/d per capita. Other dairy: <ul style="list-style-type: none"> Total cream (<29 % - ≥29 %, sour cream inkl. "cooking"yoghurt): 26 g/d Total cheese (hard cheese, melted cheese, other cheese): 51 g/d Butter: 7 g/d Spread (cream + veg oil (e.g. Bregott®), and plant based alternatives): 17 g/d National surveys from Swedish Food Agency, "Riksmaten 2011" and Riksmaten ungdom, 2016-2017 																																																																																									

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Switzerland 	3 portions/d Portion size: 2 dl milk or 150-200 g yoghurt/fresh cheese, 30 g semi/hard cheese, 60 g soft cheese. Notes: Included in one group together with meat, fish, eggs, and tofu. In addition to the 3 portions/d, 1 portion of a protein-rich food such as meat, fish, eggs, and tofu can be replaced by cheese/quark.	Choose low-fat dairy options if you want to reduce energy intake. Prefer dairy products without added sugar.	3 portions/d (1 portion size: 200 ml milk) 621 g/d per capita	Not available																			
UK 	Have some dairy, not quantified . Dairy products should account for 8% of daily energy intake.	Have some dairy or dairy alternatives (such as soy drinks); choose lower fat, lower sugar and calcium-fortified options..	(180kcal milk) 414 g/d per capita	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;">(g/day)</th> <th style="text-align: center;">Children</th> <th style="text-align: center;">Adolescent</th> <th style="text-align: center;">Adult</th> <th style="text-align: center;">Elderly</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Milk</td> <td style="text-align: center;">268.4</td> <td style="text-align: center;">144.95</td> <td style="text-align: center;">147.29</td> <td style="text-align: center;">200.3</td> </tr> <tr> <td style="text-align: center;">Cheese</td> <td style="text-align: center;">28.8</td> <td style="text-align: center;">15.23</td> <td style="text-align: center;">16.39</td> <td style="text-align: center;">15.7</td> </tr> </tbody> </table> <p>(START) 2008 (SURVERY) NDNS ROLLING PROGRAMME YEARS 1-3</p> <p>Toddlers survey (START) 2011 (SURVERY) DNSIYC 2011</p>					(g/day)	Children	Adolescent	Adult	Elderly	Milk	268.4	144.95	147.29	200.3	Cheese	28.8	15.23	16.39	15.7
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1. [EDA Factsheet 'Dairy and Children: A Healthy Combination'](#)
2. [The European Dairy Sector and the Sustainable Development Goals](#)
3. FAO [Internet]: <http://www.fao.org/nutrition/education/food-based-dietary-guidelines/en/>
4. JRC [Internet]: <https://ec.europa.eu/jrc/en/health-knowledge-gateway/promotion-prevention/nutrition/food-based-dietary-guidelines>
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