

NUTRITION SNACKS: DAIRY ALTERNATIVES

Australian and New Zealand Dietary Guidelines recommend dairy as a core food group as it's highly nutritious and plays a key role in bone health. Dairy products are naturally high in protein, carbohydrate and calcium as well as a range of other vitamins and minerals. However, some members may prefer to include dairy alternatives on their menu for a range of reasons. Also, there is a growing interest in dairy alternatives, and as a result more products available at the supermarket.

MILK ALTERNATIVES

Soy Milk

Soy milk and soy based products are readily available in supermarkets and most members will be familiar with these products. Soy based products are typically low in fat and have a similar protein content to cow's milk. Some products may also be fortified with additional vitamins and minerals, thereby making soy milk a good substitute for dairy. Soy milk can be found in the dairy section of the Grocery Guide where 1 cup of low fat calcium fortified soy milk equates to 1 Dairy serve.

Plant Based Milks

Other plant based milks include almond, cashew, coconut, oat and rice milk. Certain varieties of these milks may be fortified with calcium and other vitamins and minerals, so ensure your member is choosing one of these.

Plant based milks tend to be lower in protein and higher or lower in kilojoules so it's important to add 1 Meat serve to 1 cup of plant based milk to ensure members are getting enough protein into their day. The Meat serve can be eaten at any time of the day to suit the member's preference.

YOGHURT ALTERNATIVES

When selecting a dairy free yoghurt, it's important members choose a yoghurt that contains calcium. Ensure they are mindful of portion sizes as dairy free yoghurts can be higher in fat and kilojoules. Use page 16 of the Grocery Guide to determine the appropriate dairy free yoghurt portion size.

CHEESE ALTERNATIVES

Vegan or dairy free cheeses tend to be made from coconut oil, almonds, cashews, or sesame seeds. While these cheeses may look, taste or smell like regular cheese, nutritionally they are quite different as dairy free cheeses are often high in fat with hardly any protein or calcium.

If your member is looking to include a vegan or dairy free cheese in their menu, be mindful that it will not be a direct swap for a Jenny Craig Dairy serve. Cheese alternatives are more likely to be included as 1-2 fat serves, depending on the portion size.

If you're unsure, contact the Dietitian Team.

KEY MESSAGES

- 1 Dairy products are a nutritious addition to a healthy diet as they are naturally high in protein, carbohydrate, calcium, vitamins and minerals.
- 2 Be sure to choose calcium fortified dairy alternative when choosing dairy free milk or yoghurt products.
- 3 If your member is including almond, cashew, oat or rice milk on their menu, don't forget to add in a Meat serve to ensure they're getting enough protein.
- 4 Dairy free cheeses are not suitable as a dairy replacement on the Jenny Craig menu.
- 5 Remember to use the Grocery Guide to determine appropriate portion sizes.