

Dairy Intakes: A Comparison Between Adults Aged 18-64 Years and Adults Aged 65 Years and Over.

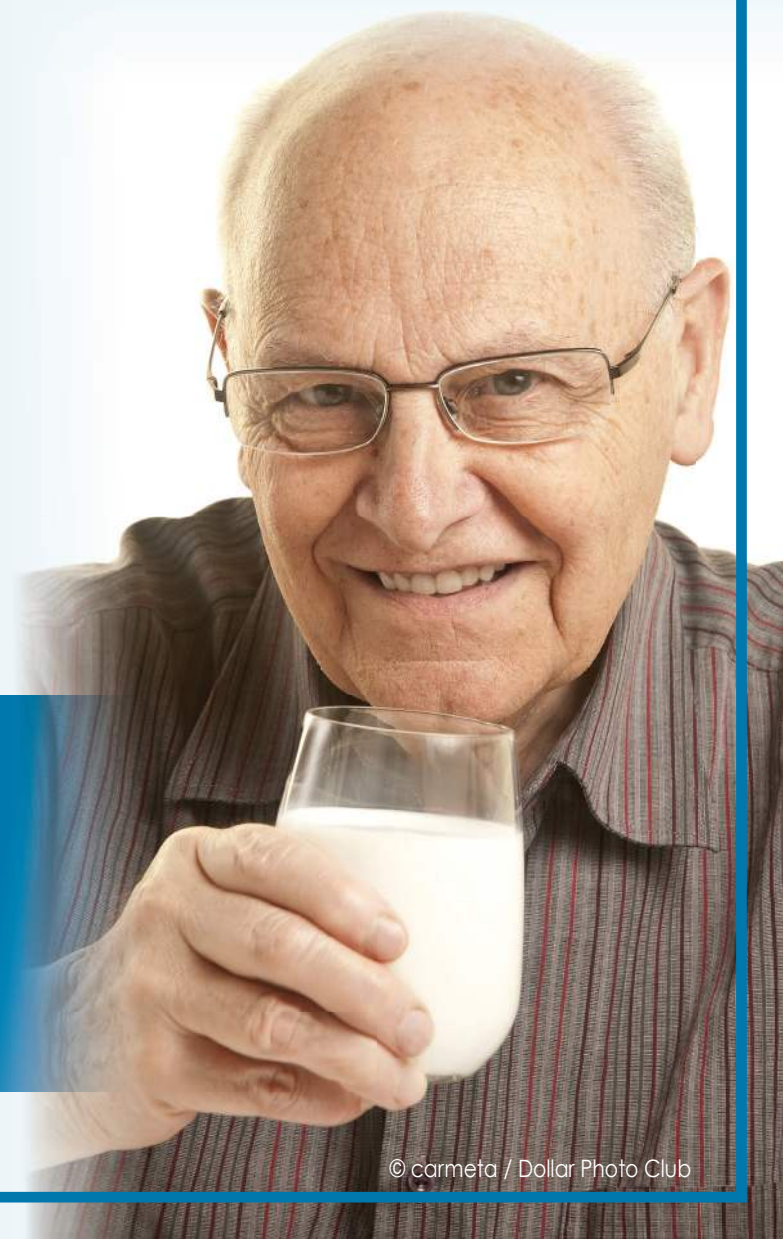
Findings from the National Adult Nutrition Survey



The world's population is increasing in age with people in Ireland generally living longer than previous generations. Subsequently, healthy ageing is becoming an increasingly pertinent issue, with nutrition being a key modifiable factor. The “milk, yogurt and cheese” food group is associated with many benefits which may support healthy ageing. It also represents a food group that is nutrient dense, readily available, palatable and easy to consume.

The National Adult Nutrition Survey (NANS) is a nationally representative food consumption survey conducted by the Irish Universities Nutrition Alliance between the years 2008 and 2010. In 2012, the National Dairy Council commissioned a report on this data, focusing specifically on the dairy intakes of 18-64 year olds. Following on from this, in 2014 the National Dairy Council commissioned a second analysis to examine the dairy intakes in those aged 65 years and over.

The following tables compare intakes of the “milk, yogurt and cheese” food group between adults aged 18-64 years and adults aged 65 years and over. This information combines data from the two analyses commissioned by the National Dairy Council.



The full reports, as well as further information on NDC research, can be accessed at:

www.ndc.ie/health

For further information on dairy nutrition, please contact the NDC nutrition team:

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Table 1: Comparison of mean daily servings of the “milk, yogurt and cheese” food group in adults aged 18-64 years and adults aged 65 years and older.

	Adults aged 18-64 Years (n = 1274)		Adults aged 65 Years and Older (n = 226)	
	Mean	SD	Mean	SD
Total dairy	2.06	1.30	1.92	1.2
Total milk	1.18	0.96	1.22	0.88
Whole milk	0.62	0.90	0.56	0.69
Semi-skimmed milk	0.35	0.65	0.38	0.65
Skimmed milk	0.08	0.32	0.06	0.23
Fortified milk	0.11	0.37	0.21	0.58
Non-dairy milk alternatives	0.02	0.15	0.01	0.05
Total cheese	0.63	0.70	0.43	0.65
Hard cheese	0.47	0.66	0.35	0.65
Soft cheese	0.09	0.19	0.02	0.08
Cottage cheese	0.00	0.05	0.00	0.04
Processed cheese	0.06	0.12	0.05	0.12
Total Yogurt	0.24	0.39	0.27	0.43
Yogurt	0.21	0.38	0.23	0.40
Drinking yogurt	0.03	0.09	0.04	0.12
Non-dairy yogurt alternatives	0.01	0.07	0.01	0.08

n = number; SD = standard deviation.

Erratum; The earlier NDC commissioned report (IUNA 2012; Report on the contribution of dairy foods to the nutritional quality of the Irish adult diet commissioned by the National Dairy Council through funds awarded from the Dairy Research Trust Co-operative Society Ltd, 2012. Analysis based on the National Adult Nutrition Survey), used a figure of 50g instead of 35g for a serving of processed cheese. This resulted in minor changes to mean daily servings of processed and total cheese, and total dairy. For comparison purposes, the amended figures have been presented in this table.

Table 2: Comparison of mean daily intakes of the “milk, yogurt and cheese” food group (g/day) in adults aged 18-64 years and adults aged 65 years and older.

	Adults aged 18-64 Years						Adults aged 65 Years and Older					
	Total Population (n = 1274)		Consumers only				Total Population (n = 226)		Consumers only			
	Mean (g)	SD	n	% cons	Mean (g)	SD	Mean (g)	SD	n	% cons	Mean (g)	SD
Total dairy	288	203.7	1272	99.8	288.5	203.6	293	188.2	224	99.1	295.6	187
Total milk	236.8	192.4	1240	97.3	243.3	191	243.6	175.1	221	97.8	249.1	173.1
Whole milk	124.7	179.6	1028	80.6	160.4	155	175.8	193.8	192	85	179.8	194.2
Semi-skimmed milk	70.7	130.1	562	44.1	189.1	160.1	118.7	189	99	43.8	270.9	200.8
Skimmed milk	16.6	64	199	15.6	106.4	129.2	12	45.4	41	18.1	66.1	89.1
Fortified milk	21.3	74.8	169	13.3	160.4	141.3	42.2	116.1	35	15.5	272.3	157.2
Non-dairy milk alternatives	3.4	29.3	28	2.2	155.4	126.5	1.1	10.4	3	1.3	82.5	46.8
Total cheese	18.9	20.5	998	78.3	24.2	20.2	11.9	17.1	136	60.2	19.8	18.1
Hard cheese	11.6	16.4	774	60.8	19.1	17.3	8.8	16.2	103	45.6	19.3	19.4
Soft cheese	4.7	9.3	425	33.4	14.2	11.1	1.1	3.8	29	12.8	35.4	27.3
Cottage cheese	0.3	4.0	12	0.9	33.7	24.8	0.2	3.3	1	0.4	50	-
Processed cheese	2.3	6.2	292	22.9	9.9	9.5	1.8	6.1	31	13.6	13.1	8.75
Total Yogurt	32.3	51.4	576	45.2	71.4	55.3	37.4	16	102	45.1	83	58.6
Yogurt	26.2	47.4	491	38.5	68	54.7	28.3	49.9	85	37.6	75.1	55.6
Drinking yogurt	5.4	18.3	130	10.2	52.6	28.3	9	25.9	31	13.7	65.3	35.2
Non-dairy yogurt alternatives	0.7	8.4	12	0.9	77	41.4	1.06	9.9	3	1.3	80.1	39.7

% cons = % consumers; n = number; SD = standard deviation