

The Contribution of Dairy Foods to Micronutrient Intakes Among Irish Adults

Findings from the National Adult Nutrition Survey



The nutrient-richness of the 'milk, yogurt and cheese' food group is well-recognised, providing an important source of many essential nutrients. Considering the nutritional credentials, as well as the versatility of this food group, it is no wonder dairy products are among the staple foods in the Irish diet.

To understand more clearly the contribution of these foods to the nutritional quality of the Irish diet, the NDC commissioned dairy-specific analysis of the National Adult Nutrition Survey (NANS).

This survey, carried out by the Irish Universities Nutrition Alliance (IUNA) between 2008 and 2010, represents the most up-to-date information with respect to food and drink intake among adults in Ireland. The current dairy-specific analysis focused on the intake of the 'milk yogurt and cheese' food group among adults aged 18-64 years. Results from this research provide insights into the dietary habits of Irish adults, for example: the contribution of these foods to the intake of various nutrients; compliance with dietary guidelines for this food group; and comparisons of data from NANS and the North South Ireland Food Consumption Survey (1997-1999).

The charts, overleaf, present the percentage contribution of dairy and other food groups to the intake of certain micronutrients in the Irish adult population (18-64 years).

The full report, as well as further information on NDC research, is accessible at:

www.ndc.ie/health

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

nutrition@ndc.ie

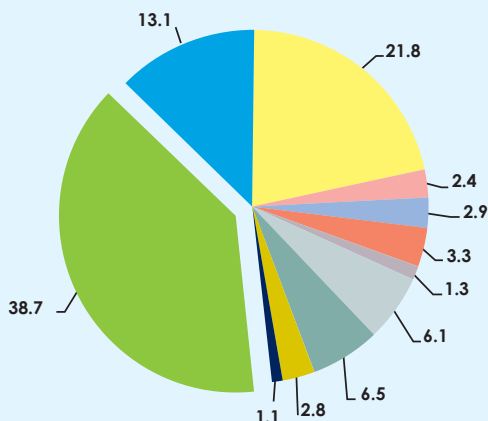


Percentage contribution of dairy and other food groups to the intake of certain micronutrients in the Irish adult population (18-64 years).

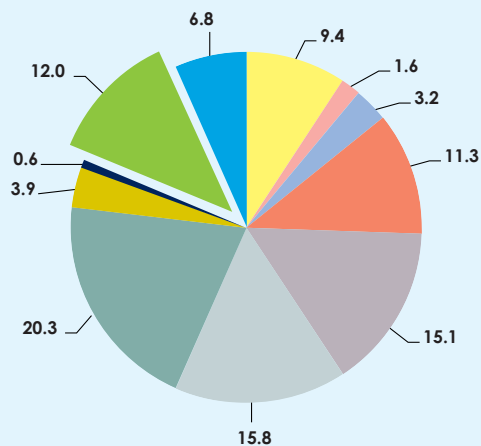
Food Groups

- **Dairy** ('milk, yogurt and cheese' food group).
- **Dairy recipes** (recipes containing more than 5% milk or/and cheese or/and yogurt).
- **Other dairy** (creams, ice creams, recipes containing these, etc).
- **Rice, grains, breads & cereals**
- **Biscuits, cakes & pastries**
- **Savoury snacks & confectionery**
- **Beverages**
- **Potato & potato products**
- **Fruit & vegetables**
- **Meat, fish & their dishes**
- **Other foods**

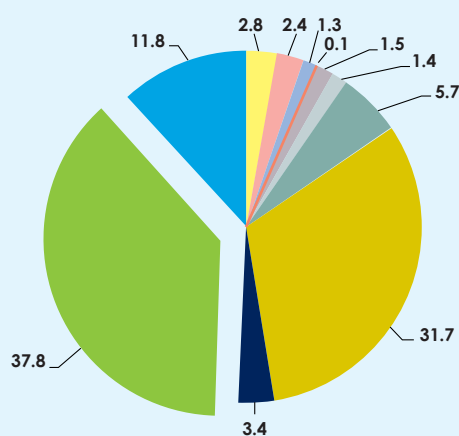
Calcium



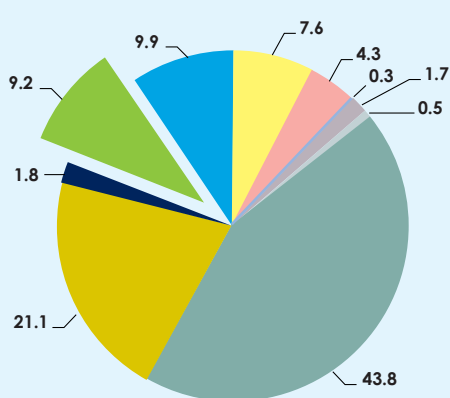
Potassium



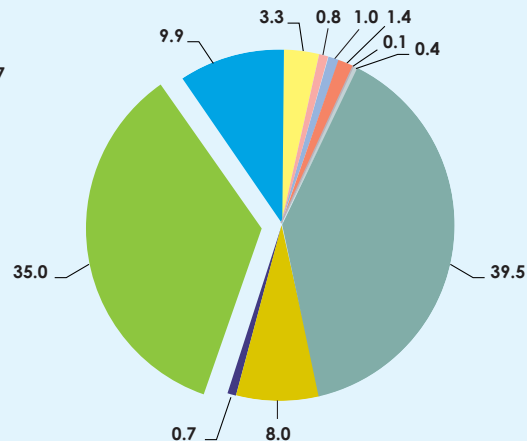
Retinol



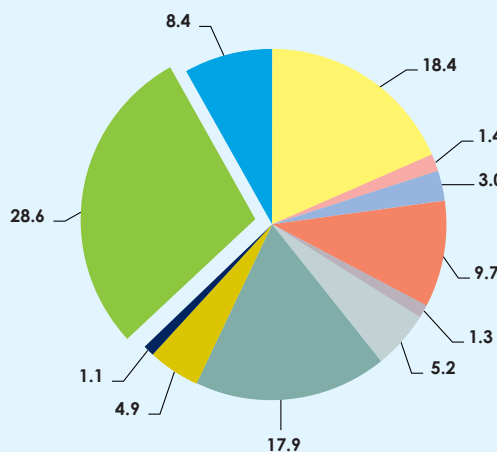
Vitamin D



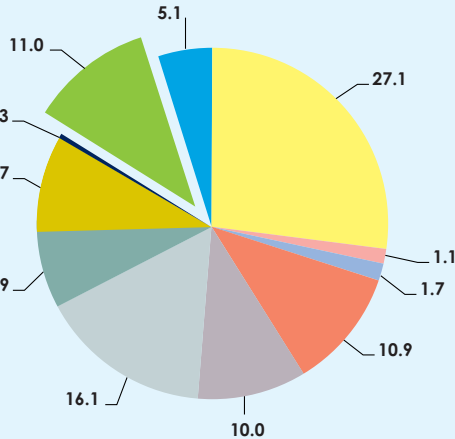
Vitamin B12



Riboflavin



Folate



Pantothenic Acid

