

Questions and Answers

General

How do dairy products fit into my healthy diet?

Milk products make an important contribution to the overall nutrient content of the diet and provide a wide range of essentials such as protein and calcium. In fact, dairy products provide almost 60% of the calcium we consume in the UK.

For further information on milk and dairy products, as well as educational resources, contact www.dairycouncil.co.uk and www.milk.co.uk

Cheese

What nutrients does cheese contain?

One ounce of cheddar provides the same amount of calcium as a third of a pint of milk, and provides one third of the daily calcium needed by adults. Plus it is a good source of Vitamin A which is important for healthy skin and vision, and riboflavin which helps our bodies make use of the calories provided in food.

Is it true that cheese is good for my teeth?

Cheese can protect against tooth decay even when sugary foods have been eaten. Studies have shown that eating a piece of cheese after meals can reduce the amount of plaque formed on teeth.

Yogurt

What makes Spelga low fat 'bio' yogurt different from ordinary yogurts?

Bio yogurts are reputed to aid digestion and promote good health. The special culture used helps to develop the characteristic acidity and flavour of the yogurt, and gives it a mild creamy taste.

Is yogurt good for me?

Eating yogurt encourages the right kind of bacteria to multiply in your lower intestine, which promotes better intestine health and digestion.

Can I use yogurt for cooking?

Yogurt is suitable for dips, sauces desserts etc. Used in hot dishes it will curdle if it is allowed to boil - add 1 teaspoon of cornflour per 150g pot to make it more stable.

Can I freeze yogurt?

Fruit yogurts can be frozen up to 3 months and natural for up to 2 months. Thaw at room temperature for 1-2 hours and use within 3 days of thawing.

Can I eat Spelga Yogurt if I suffer from allergies?

All varieties of Spelga Fruit yogurt (excluding Hazelnut and Natural) do not contain nuts and every precaution is taken within the production process to exclude any nut traces. - The range is GM free, wheat free and contains no artificial colours or flavourings.

Which Spelga Yogurt has the lowest fat and sugar content?

Spelga Fat Free has less than 80 calories per pot and is suitable for diabetics. It is made with probiotic cultures which benefit digestion.

What does this mean?

Probiotics are beneficial bacteria that should naturally exist in abundance in your body but which, due to the demands of a busy, stressful lifestyle, are often depleted. Spelga Fat Free can help to maintain a good balance within your body which benefits your digestive system and general health.

Butter & Spreads

What's the difference between butter and dairy spreads?

Butter is a natural product made by churning cream. The excess liquid (buttermilk) is drained off and butter is formed. Dromona butter contains 80% milk fat.

Dairy spreads are made from a blend containing butter or cream and vegetable oils.

This gives the taste of butter but with increased spreadability e.g. Dromona

Spreadable is made with 70% real butter. All Dromona spreads also contain Vitamin A & D.

Low fat spreads are made from vegetable oils and other dairy ingredients such as buttermilk.

What do all the different types of fat explained on packaging mean?

Fat provides energy, vitamins and essential fatty acids. The fat in food is always made up of a combination of different fatty acids: saturated, polyunsaturated and monounsaturated.

Saturates - found in all foods and mainly animal products. It is recommended you get 10% or less of your calories from saturated fat.

Monounsaturates - found in dairy products with the richest source from olive oil.

They help to lower your LDL (bad) levels of cholesterol.

Polyunsaturates - found mainly in vegetable oils. Two types must be supplied by the diet as they cannot be synthesised by the body, linoleic and linolenic acid, which are essential for functions like blood clotting.