

Check your intake of dairy products



Tough guys drink milk – Dairy Nutrition Council

	Daily	Several days a week	More rarely or hardly ever
I drink milk or sour milk with my meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
After exercise, I drink milk as a recovery drink	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have yoghurt or sour whole milk, for breakfast or as a snack, for example	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I eat curd cheese or cottage cheese as it is, or I add it to food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I drink coffee with plenty of milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I eat porridge cooked in milk or with milk/cereal with milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I drink cocoa/chocolate, a milk shake or a milk-based smoothie as a morning, daytime or evening snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a couple of slices of cheese on bread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I eat dishes in which plenty of milk or cheese has been used to make them (e.g. casseroles with milk and egg sauce, milk-based soups, au gratin dishes with cheese, large cheese salads)	<input type="checkbox"/> 2 x <input type="checkbox"/>	<input type="checkbox"/> 1 x <input type="checkbox"/>	<input type="checkbox"/> 0 x <input type="checkbox"/>

Score two points for every tick in the 'Daily' column and one point for every tick in the 'Several days a week' column. A total of seven points or more means that your intake of dairy products is exemplary. But have another look at portions: the recommended daily portion for liquid dairy products is half a litre a day and, in addition, a couple of slices of cheese.

Total

It's great if:

- You choose fat-free or low fat milk or sour milk
- Most of the time you eat low fat cheese (less than 17%)

Thirst for knowledge www.kovatkundit.fi

Patrik Borg's Check List



Tick OK the sections that are true for you. If the section isn't OK, perhaps you might need to do something about it?

Criterion	Explanation	OK True most of the time	CHALLENGING Not true most of the time
Healthy attitude to eating	I want to improve my diet and I know how to start. But I refuse to be bored and miserable.	<input type="checkbox"/>	<input type="checkbox"/>
Eating regularly	I am rarely 'starving'.	<input type="checkbox"/>	<input type="checkbox"/>
Snacking	I don't need to snack for hunger in the evening.	<input type="checkbox"/>	<input type="checkbox"/>
Fruit and vegetables	I eat half a kilo of fruit (including berries) and vegetables every day.	<input type="checkbox"/>	<input type="checkbox"/>
Wholemeal foods	I choose bread according to its fibre content.	<input type="checkbox"/>	<input type="checkbox"/>
Meals	I eat two meals a day. At least one third of each meal consists of vegetables.	<input type="checkbox"/>	<input type="checkbox"/>
Protein	Most meals and snacks contain a protein component (meat, fish, egg or dairy).	<input type="checkbox"/>	<input type="checkbox"/>
Dairy products	Every day I have half a litre of a liquid dairy product and a couple of slices of cheese.	<input type="checkbox"/>	<input type="checkbox"/>
Sugary drinks	I drink no more than half a litre of juice or soft drinks a day.	<input type="checkbox"/>	<input type="checkbox"/>
Plant oils	Every day I use plant oils, margarine, oil-based salad dressing or nuts.	<input type="checkbox"/>	<input type="checkbox"/>
Fish	I eat fish at least twice a week or fish oil/omega-3 (contains vitamin D).	<input type="checkbox"/>	<input type="checkbox"/>
Low calorie products	I go for low sugar and low fat options, as long as they are tasty.	<input type="checkbox"/>	<input type="checkbox"/>