Dairy Sector Quickfacts

NUTRITION OF MILK

Last update October 2023

Nutritional content and requirements

Milk is the number one contributor of **calcium, riboflavin (B2) and vitamin B12** to New Zealanders' diets and is the number two source of protein.[1]

Dairy products are rich in nutrients that are essential for good bone health, including **calcium, protein, vitamin D, potassium, and phosphorus**.[2]

Most countries recommend at least one serving of milk or milk products daily. New Zealand dietary guidelines recommend **at least two to three serves**.[3]

Global nutrition

Globally dairy products provide a significant amount of global nutrition:

49% of all calcium*	**24%** of Vitamin B2*	**15%** of dietary fat*	**MORE THAN 10%** of essential amino acids.[4]*

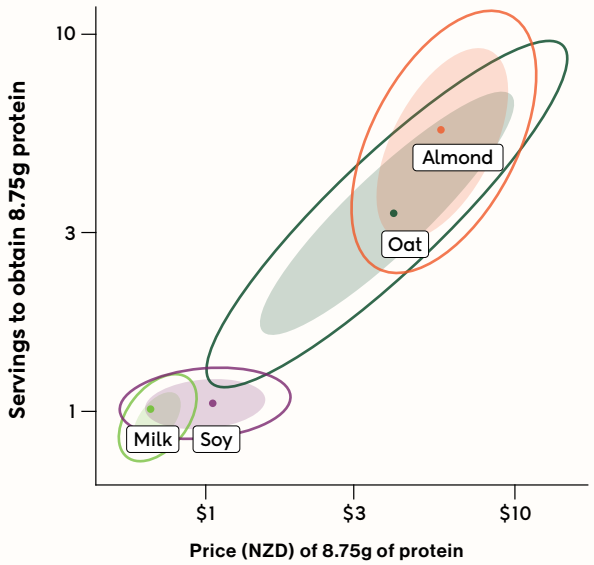
**based on global nutrient availability*

Nutrition content: dairy milk and milk alternatives[5]

	Average content per 100ml			
	Energy	**Total fat**	**Protein**	**Calcium**
Milk	265	3.4	3.5	123
Almond	130	1.9	0.8	101
Soy	221	2.4	3.2	108
Oat	263	2.1	1.1	99

Data displayed are the mean number.

Figure 1. Number of servings and the price to obtain 8.75g protein (equivalent to one serving of milk) from milk alternatives relative to cows milk. Milk shows a relative advantage to alternatives because others are at a higher cost, require more servings to get protein, or both.



Note: A serving size of 250g was assumed for all products, and products with no protein content were omitted. Outer ring is 95% percentile, inner shaded area is the 80% percentile, and dot is the median value. Log transformed scale.

References

1. DCANZ (n.d.) The New Zealand dairy industry. dcanz.com
2. Rizzoli, R. Dairy products, yogurts, and bone health. Am. J. Clin. Nutr. 2014;99:1256S–1262S. doi: 10.3945/ajcn.113.073056.
3. Current NZ food and nutrition guidelines: health.govt.nz/our-work/eating-and-activity-guidelines/current-food-and-nutrition-guidelines
4. Smith, N. W., A. J. Fletcher, J. P. Hill, W. C. NcNabb. Modelling the Contribution of Milk to Global Nutrition. Front Nutr. 2021; 8: 716100. doi.org/10.3389/fnut.2021.716100
5. Smith, N. W., A. C. Dave, J. P. Hill, and W. C. McNabb. Nutritional assessment of plant-based beverages in comparison to bovine milk. Front Nutr. 2022; 9: 957486. doi.org/10.3389/fnut.2022.957486