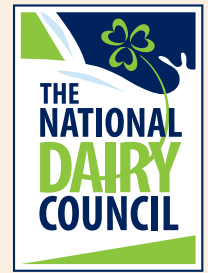


# The Contribution of Dairy Foods to Energy and Nutrient Intakes Among Irish Adults Aged 65 Years and Older



## 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 pie charts overleaf display the percentage contribution of the “milk, yogurt and cheese” food group to the intake of energy and certain nutrients in Irish adults aged 65 years and older, as reported in NANS. Data on other food groups within this population is also included.

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

[www.ndc.ie/health](http://www.ndc.ie/health)

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

[nutrition@ndc.ie](mailto:nutrition@ndc.ie)

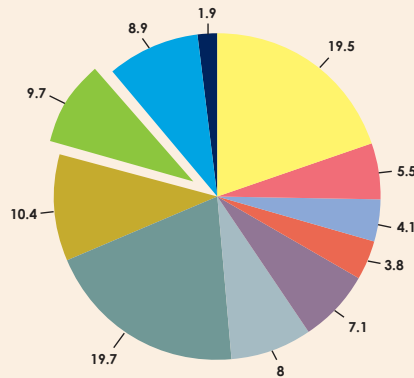


# Percentage contribution of dairy and other food groups to the intake of energy and certain nutrients in Irish adults aged 65 years and older

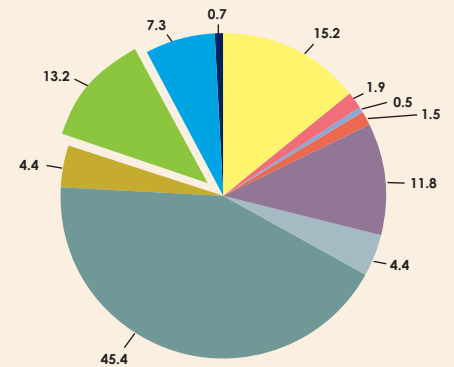
## Food Groups

- **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**

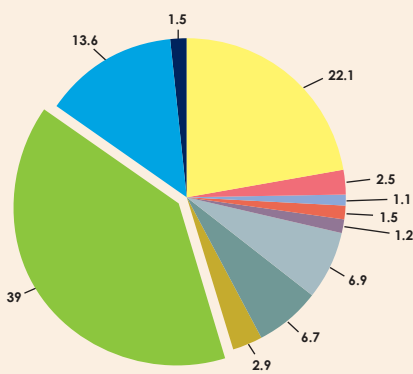
## Energy



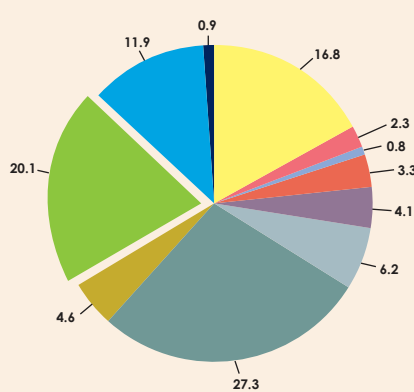
## Protein



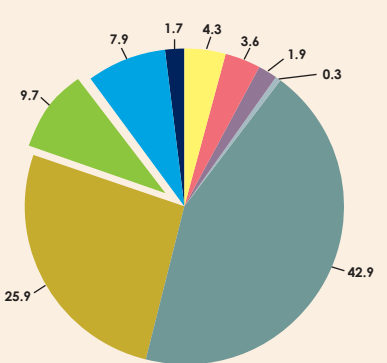
## Calcium



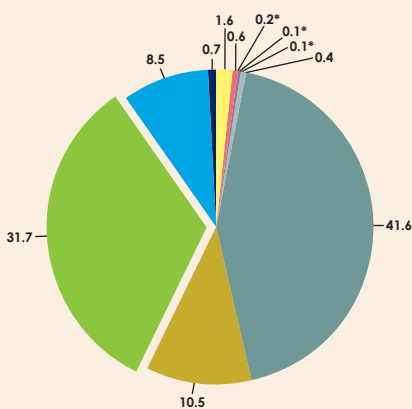
## Phosphorus



## Vitamin D

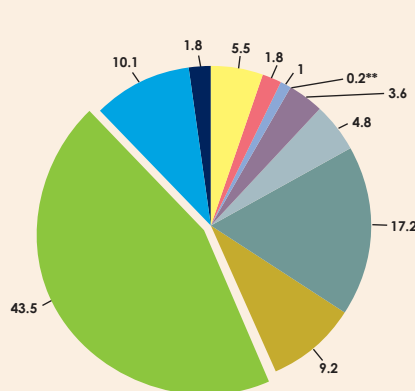


## Vitamin B12



\*Contribution from savoury snacks & confectionery = 0.2%; beverages = 0.1%; Potato & potato products = 0.1%

## Iodine



\*\*Contribution from beverages = 0.2%

## Riboflavin

