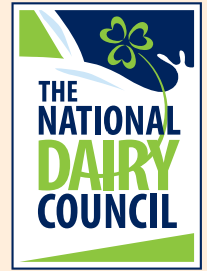


# Comparison of Dairy Data from the National Adult Nutrition Survey (2008-2010) with Data from the North South Ireland Food Consumption Survey (1997-1999)



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 a 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 the NANS with the North South Ireland Food Consumption Survey (1997-1999).

The tables, overleaf, present comparisons of dairy data from this dairy-specific analysis of the NANS with data from the North South Ireland Food Consumption Survey (NSIFCS).

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)**



## Comparison of dairy intakes (g/day) reported in the NANS with data from the NSIFCS for the total population and for consumers only (18-64 years)

	NANS							NSIFCS						
	Total Population			Consumers only				Total Population			Consumers only			
	n	Mean	SD	n	% consumers	Mean	SD	n	Mean	SD	n	% consumers	Mean	SD
<b>Total milk</b>														
Total population	1274	237	192	1240	97	243	191	958	261	188	936	98	267	210
Males	634	277	216	619	98	284	214	475	293	212	467	98	298	210
Females	640	197	156	621	97	203	155	483	229	156	469	97	236	154
<b>Total cheese</b>														
Total population	1274	19	21	998	78	24	20	958	15	16	713	74	20	17
Males	634	22	24	506	80	28	23	475	17	19	345	73	23	19
Females	640	16	16	492	77	20	16	483	13	13	368	76	17	13
<b>Total yogurt</b>														
Total population	1274	32	51	576	45	71	55	958	16	32	305	32	49	41
Males	634	29	53	247	39	74	63	475	13	34	111	23	56	51
Females	640	36	49	329	51	70	29	483	18	30	194	40	44	33

NANS = National Adult Nutrition Survey; NSIFCS = North South Ireland Food Consumption Survey (IUNA (2001) North/South Ireland Food Consumption Survey. An analysis of milk, cheese and yogurt intakes in the Republic of Ireland from the North/South Ireland Food Consumption Survey, prepared for the National Dairy Council. Trinity College Dublin.); n = number; SD = standard deviation.

## Comparison of the percentage contribution of total milk, cheese and yogurt to mean daily nutrient intakes reported in the NANS with data from the NSIFCS for the total population (18-64 years)

	NANS n = 1274	NSIFCS n = 958
	% contribution	% contribution
<b>Total milk</b>		
Energy (kcal)	5	7
Protein (g/day)	8	10
Fat (g/day)	6	10
Carbohydrate (g/day)	4	5
Vitamin D (µg/day)	6	5
Riboflavin (mg/day)	22	23
Vitamin B12 (µg/day)	30	25
Folate (µg/day)	8	6
<b>Total cheese</b>		
Energy (kcal)	3	3
Protein (g/day)	4	4
Fat (g/day)	5	5
Carbohydrate (g/day)	0	<1
Vitamin D (µg/day)	2	2
Riboflavin (mg/day)	3	3
Vitamin B12 (µg/day)	4	4
Folate (µg/day)	1	1
<b>Total yogurt</b>		
Energy (kcal)	1.4	0.7
Protein (g/day)	1.5	1.0
Fat (g/day)	0.9	0.4
Carbohydrate (g/day)	1.8	0.8
Vitamin D (µg/day)	0.8	0.2
Riboflavin (mg/day)	3.5	2.2
Vitamin B12 (µg/day)	1.9	1.0
Folate (µg/day)	1.5	0.7

NANS = National Adult Nutrition Survey; NSIFCS = North South Ireland Food Consumption Survey (IUNA (2001) North/South Ireland Food Consumption Survey. An analysis of milk, cheese and yogurt intakes in the Republic of Ireland from the North/South Ireland Food Consumption Survey, prepared for the National Dairy Council. Trinity College Dublin.); n = number.