

Have some milk, cheese or yoghurt every day

Why are they good?

- they provide protein for a healthy body
- they provide calcium for strong bones and teeth

Meal ideas



cereal with milk



jacket potato with cheese



cauliflower cheese



banana custard

If you are allergic to cow's milk have another type of milk with added calcium (ask your doctor first)

If you need to lose weight, low fat products can help. If you need to put on weight, full fat products can help

With thanks to Eric and Paul Crossley and NHS Estates 'Better Hospital Food' for the use of their photographs