



The Importance of a Healthy & Balanced Diet

What is a balanced diet?

Eating a healthy, balanced diet is an important part of maintaining good health, and can help people feel their best. This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight. With so many diets out there, it is easy to forget what the recommended dietary guidelines are.

The food pyramid is a great resource that was originally designed to make healthy eating easier as it lays out the different food groups and explains how much of each group should be eaten to maintain a healthy balanced diet. Every country around the world has their own version of a food pyramid. In fact, some countries use entirely different shapes, like a house, pagoda, plate and even stairs.

While these countries dietary requirements and lifestyles differ, there are general similarities across all food pyramids.

Similarities across these dietary guidelines are to include fruit & vegetables, grains & starches, milk & dairy and protein (meat, fish, eggs, beans & nuts) and to limit foods containing high levels of fats, sugar and salt. Water and exercise are also recommended to maintain a healthy and balanced lifestyle.

Glanbia Ireland Goodness Grows Here

Glanbia Ireland is an ingredient solutions partner to some of the world's leading companies and brands. At the forefront of ingredient technology, we offer a range of solutions to match the ever-changing demands of the food and nutrition industry and its consumers. With quality dairy and grains sourced from 5,000 Irish family farms, combined with advanced market research and insights, our unique platform offers fully traceable and sustainably produced natural solutions to help our customers stay ahead of the curve.

www.glanbiairelandingredients.com

Fruits & Vegetables:

Vegetables, salads and fruit should form the basis of all meals, as they are naturally low in calories and rich in vitamins & minerals.

Grains & Cereals:

Wholemeal cereals, breads and other carbohydrate sources are main sources of energy.

Milk and Dairy:

Milk, yogurt and cheese are important for their Calcium content which is vital for supporting healthy bones and teeth.

Protein (meat, fish, eggs, beans and nuts):

Meat, poultry, fish, eggs, beans and nuts are required as a protein source to support vital functions of the body including maintenance and growth of muscle mass

High Fat & High Sugar:

These foods should be eaten occasionally and in smaller amounts.




glanbia
ireland

GOODNESS
GROWS
HERE

Glanbia Ireland is a world-class, ambitious and integrated agri-food and nutrition business, with a diverse portfolio of quality dairy and plant-based ingredients and our mission is to work with nature to bring the passion of our Irish farmers to the world.

Dairy

Dairy is a nutrient rich food group, which has been championed for its role in bone, teeth and muscle health for decades. It has a unique blend of nutrients, which may include calcium, phosphorus, iodine, Vitamin B2 and B12, fermented cultures (yoghurt and cheese) bioactive peptides and high quality protein containing all of the essential amino acids.

It is recommended we consume 2-3 servings of dairy per day.¹

'The Dairy Matrix' hypothesis suggests that the nutrients in dairy can interact with one another in ways that are beneficial for health. This also includes some of the nutrients that support the immune system, such as vitamin B12 and folate, found in milk, cheese and yogurt, and vitamin A specifically for hard cheeses like cheddar.

A serving of dairy is¹



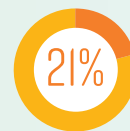
Cheese

A 30g portion of cheddar provides calcium, phosphorus, vitamin B12, and protein and can be enjoyed as part of a healthy, balanced diet. As a fermented dairy food, cheddar cheese is also naturally low in lactose.

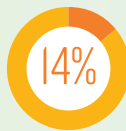
Research on Irish cheddar cheese has found that grass-fed dairy has several nutritional benefits compared to that from grain-fed cheese².

- Higher levels of omega-3 fatty acids compared to non-grass-fed cheese.
- Twice the levels of conjugated linoleic acid (CLA) in grass-fed cheddar compared to grain-fed.
- Higher levels of beta-carotene. Beta-carotene also gives Irish cheddar and butter its golden hue.

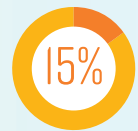
30g portion of cheddar cheese



of our recommended daily **PHOSPHORUS**



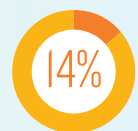
of our recommended daily **VITAMIN B12**



of our recommended daily **PROTEIN**



of our recommended daily **CALCIUM**



of our recommended daily **VITAMIN A**

Milk

Milk is a natural and nutritious drink, which is important as part of a balanced diet and an active lifestyle. It is well known that milk is a rich source of calcium, a key nutrient as part of normal growth, development, and maintenance of bones. In fact, 99% of the body's calcium is located in both our bones and teeth. However, milk contains more than just calcium. One glass of milk provides eight essential nutrients, which all play an important role in health.

Milk is a rich source of calcium, vitamin B2, and B12, high-quality protein, iodine, magnesium, potassium.³

Similar to cheese, the health benefits of milk are recognised beyond its individual nutrients, and rather in the unique combination of nutrients and bioactive factors, and how they interact with each other in the milk matrix.

Our grass fed whole milk powder is an affordable and versatile way of getting milk into your diet. 32g of whole milk powder mixed with 250ml water creates a nutritious healthy drink.

- Cognitive Function
- Thyroid Function
- Normal Skin

- Bone Development
- Normal Teeth
- Muscle Function

- Nervous System Function
- Muscle Function
- Blood Pressure

- Reduction of Fatigue
- Red Blood Cell Formation
- Immune System Function

IODINE

PHOSPHORUS

CALCIUM

PROTEIN

POTASSIUM

VITAMIN B2

VITAMIN B12

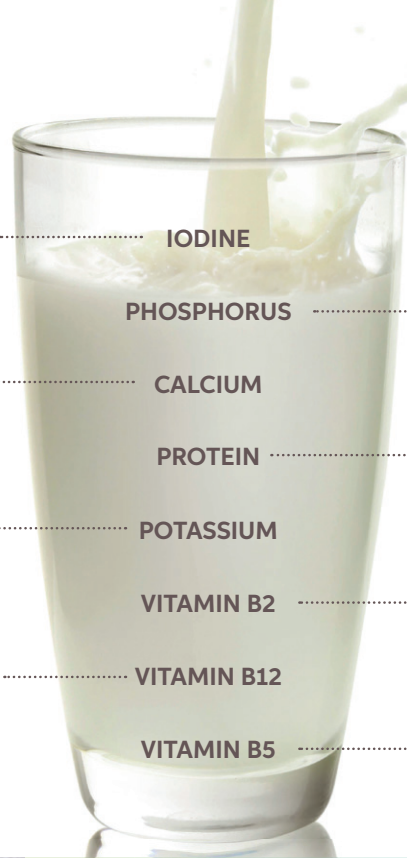
VITAMIN B5

- Bone Development
- Normal Teeth
- Energy Metabolism

- Muscle Growth
- Bone Development
- Muscle Maintenance

- Nervous System Function
- Normal Skin
- Normal Vision

- Energy Metabolism
- Reduction of Fatigue
- Cognitive function



32g of whole milk powder mixed with 250ml of water creates a nutritious drink.

Grains & Cereals

Starchy foods are an important source of energy. Once consumed, they are broken down into glucose, which is the body's main fuel, especially for our brain and muscles. Starchy foods provide important nutrients to the diet including B vitamins, iron, calcium and folate. Starchy foods can also provide fibre which is needed for good digestive health. Barley and oats are also rich in β -glucans, which have many approved health benefits, including maintaining blood cholesterol levels. It is recommended to consume 3-5 servings of high fibre grains per day. Both quinoa and oats are great options to include into a healthy balanced diet.

Quinoa

In recent years, quinoa has become a well-known grain mainly due to its rich nutritional profile. Quinoa is an exception to plant foods, containing all the essential amino acids, making it a complete protein source.

The fat profile of quinoa is comprised of unsaturated fatty acids, along with having a good source of minerals. It contains greater amounts of calcium, magnesium, iron, and zinc compared to other common cereals.⁵

In addition to the nutritional profile, quinoa contains many bioactive compounds known as phytochemicals such as phytoesters and polyphenols, which have been associated with numerous health benefits.⁴

Quinoa is a versatile ingredient that can be used in a variety of applications including:

- Soups
- Salads
- On its own



Oats

Oats are a versatile, low-cost protein source, which contains a range of vitamins and minerals including phosphorus, magnesium, zinc, vitamin E, and thiamine, along with fibre β -glucans, and non-nutritive components known as phytochemicals.⁵

β -glucan is a type of dietary soluble fibre, which is present in high amounts in oats. β -glucan has been associated with numerous physiological effects, which have potential benefits to health.⁵

According to EFSA β -glucan contributes to the maintenance of normal cholesterol levels and reduction of the blood glucose rise after a meal.

Glanbia Oats are sourced from Irish family farms that guarantee the highest quality standards. Not all conventional oats are gluten free. Our closed-loop supply chain and secure processing methods ensure fully traceable gluten-free oats. Our high-quality ingredients begin with our plant supply from our farms.

Our oats can be used in many applications such as:

- Bars
- Beverages
- Meat alternative
- Cereals
- Yogurt
- Smoothies



Summary

As with everything in life, balance is important but it is as equally important to have a balance in your diet and lifestyle. By consuming a healthy balanced diet, it means you are giving your body the right nutrients to work to its full potential. Eating well makes you feel good but also prevents and reduces the risk of developing diseases such as obesity, diabetes, osteoporosis and some cancers.

At Glanbia Ireland we produce a wide range of natural, tailored solutions to help companies with the development of specific food and beverage solutions.



CHEESE SOLUTIONS

- ✓ Flavour
- ✓ Natural
- ✓ Good-For-You
- ✓ Texture
- ✓ Functionality
- ✓ Processing enhancement



AFFORDABLE NUTRITION SOLUTIONS

- ✓ Affordability
- ✓ Functionality
- ✓ Long shelf life
- ✓ Clean flavour



SPECIALISED NUTRITIONS SOLUTIONS

- ✓ Infant nutrition
- ✓ Lifestyle nutrition
- ✓ Clinical nutrition



PLANT BASED SOLUTIONS

- ✓ Oats: gluten-free and conventional
- ✓ Oat flour: RTD and RTM
- ✓ Quinoa



TRULY GRASS FED

- ✓ Natural
- ✓ Flavour
- ✓ 95% grass diet
- ✓ Non GMO project verified

Our Unique Dairy System



Grass Fed Cows

Outdoor grazing on nutritious grass for most of the year



Cleanest Air in Europe

Urban outdoor air pollution index



Island Location

On the edge of the Atlantic Ocean with plentiful rain



Product Quality

Multiple checkpoints from farm to factory



Food Authenticity

Produced honestly by safe family farms



Clean Label

Non-GMO, hormone-free, Kosher & Halal



Cow & Milk Traceability

From grassland to customer



Trusted Partner

Supporting leading global brands

Our R&D Function



The innovation hub

Our Innovation Hub houses world class facilities enabling us to bring our concepts to life.



Leading the way in process and technology

Functionalising and developing ingredients whilst always maintaining nutritional integrity.



Our external ecosystem

Our extensive network of external partners ensures we are agile.



Developed by our experts

Our team of experts passionately researching the worlds of dairy and plant.



Providing superior nutrition

At Glanbia Ireland the foundations of nutrition are built on dairy and plant. Our ethos: "Good for You, Good for the Planet".

References

1. HSE 'Healthy Eating Guidelines' available: <https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/healthy-eating-guidelines/> [accessed: 2nd October 2020]
2. O'Callaghan, T et al., 2017. J Dairy Sci. 2017; 100(8), 6053-6073.
3. IDF (2019) 'The importance of the dairy (food) matrix in the evaluation of the nutritional quality and health effects of food'
4. National Dairy Council 'Dairy – A Matrix of Nutrients'
5. Jancurová M, Minarovičová L., Dandár A. (2009) 'Quinoa – a Review'

Get in Touch

To find out more about how Glanbia Ireland can support you in developing your solutions, please contact us directly.

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 [LinkedIn.com/company/glanbia-ingredients-ireland](https://www.linkedin.com/company/glanbia-ingredients-ireland)



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