



FACTSHEET

# Functional Foods: Packing a Powerful Nutritional Punch

## What are functional foods?

Functional foods have added nutrients or food components that may provide positive health benefits. They are foods that have been fortified, enriched or enhanced and are often seen as a whole food alternative to taking supplements.

There are many examples of functional foods in our everyday lives – such as fortified bread, cereal, milk and more.

### Checklist

#### Things to look for in a Functional Food:

- How much** of the added ingredient is required to make a real difference to health?
- How much** of the added ingredient is provided per serve of functional food and what does that mean in terms of daily needs?
- How does this **compare** to the regular food?

## Spotlight on functional foods:

|  | Food              | Nutrient              | Why  |
|--|-------------------|-----------------------|--|
|  | Bread             | Folic acid and iodine | To reduce the incidence of neural tube defects and prevent iodine deficiency (for thyroid brain and nervous system) <sup>1</sup> respectively.                           |
|  | Breakfast cereals | Iron                  | For normal oxygen transport, energy production, immune system function, blood formation and cognitive function.  |
|  | Eggs              | Omega-3 fatty acids   | Enriched via the diet of laying hens, source of omega-3 fats for lacto-ovo vegetarians and individuals who don't consume fish regularly <sup>2</sup> .                   |
|  | Pasta             | Protein               | Grain flour added to increase plant-based protein to support muscle mass and growth.   |
|  | Yoghurt and kefir | Probiotic cultures    | Introduce strains of good bacteria to the gut that may provide a health benefit when consumed in adequate amounts <sup>3</sup> .<br><b>Tip: see prebiotics overleaf!</b> |

NOW, a new range of functional foods has been born – an easy food swap to boost your nutrition every day and deliver key health benefits.

Introducing Dairy Farmers Active range.

In addition to important nutrients such as bioavailable calcium and good quality protein, each Dairy Farmers Active variant contains an important nutrient.



Dairy Farmers HeartActive milk

Plant sterols

Can help reduce LDL cholesterol by actively blocking cholesterol absorption<sup>4,5</sup>.



Dairy Farmers GutActive milk

Prebiotics

Studies show consuming prebiotics each day can feed and increase the good bugs in your gut. Galacto-oligosaccharide (GOS) is a prebiotic that has been shown to increase the number of good bugs (Bifidobacterium) in your gut and therefore support your gut health<sup>6,7,8</sup>.



Dairy Farmers BoneActive milk

Calcium and protein

With higher milk solids, this milk is higher in calcium to enhance bone mineral density and protein to support muscle mass<sup>9</sup>.

Make the most of your moo!

### Checklist

#### Functional Food:

- How much:** 2-3 grams of plant sterols is required per day to lower LDL cholesterol<sup>4</sup>.
- Per serve:** Dairy Farmers HeartActive contains 0.8g plant sterols per serve. Consume 3 serves per day to reach 2.4 grams of plant sterols.
- Compare:** Regular milk contains no plant sterols.

### Keeping your heart happy

According to the Australian Health Survey one in two Australians over the age of 25 needs to better manage their cholesterol<sup>10</sup> and one of the simple dietary interventions is to include plant sterols. Plant sterols occur naturally in small amounts within plant foods and are added to Dairy Farmers HeartActive. Studies show that consuming milk with plant sterols every day, like Heart Active, can reduce LDL cholesterol after a minimum of three weeks by up to 10%<sup>5,11</sup>.



0.8g



0.8g



0.8g

0 2.4g

Plant sterol target: 2-3g per day.

\*250ml (1cup) delivers 0.8g



## Powered by prebiotics

Feeding your good gut bugs by **eating at least 30 different plant foods per week** and **including prebiotic-rich foods** may support gut health and overall health. GOS is a prebiotic found in foods like peas, chickpeas and beetroot, and normally in very small amounts in milk. Dairy Farmers GutActive is low fat and enriched with the GOS prebiotic (derived from milk). Just one glass each day can increase the bifidobacteria in your gut, after just 1 week, to support your gut health<sup>8</sup>.

### Checklist

#### Functional Food:

- How much:** Studies have shown that 2.5g GOS is required to increase the number of good bugs and support gut health<sup>7</sup>.
- Per serve:** Dairy Farmers GutActive provides 2.5 grams of GOS per serve.
- Compare:** Regular milk contains <0.1g GOS.

Galacto-oligosaccharide (GOS) prebiotic in a 250ml serve.



## Make the most of your moo!

### The case for more calcium *and* protein

Despite two in three people consuming milk each day, less than half of Australians get their recommended daily intake of calcium<sup>12</sup>. Research shows consuming a high calcium diet can enhance bone mineral density at all ages and reduce the risk of osteoporosis in adults 65+ years<sup>13</sup>. Dairy Farmers BoneActive is high in calcium and naturally provides phosphorus for healthy bones. As an added bonus, it also contains more protein than regular low fat milk.



**250mL serve**  
9.2g protein  
300mg calcium

**33%\***  
more calcium

**23%\***  
more protein



**250mL serve**  
11.3g protein  
400mg calcium



#### REFERENCES:

1. Australian Institute of Health and Welfare 2016, Folic acid & iodine fortification.
2. Australian Eggs, accessed Apr 2021, Eggs and Fat.
3. Jungersen et al. 2014, The Science behind the Probiotic Strain Bifidobacterium animalis subsp. lactis BB-12®
4. Heart Foundation (2017) Position statement on phytosterol / stanol enriched foods.
5. Ideally consumed as part of a healthy diet low in saturated fat.
6. Systematic Literature Review by Bega Dairy and Drinks completed 2019. As part of a healthy diet
7. Gopal, P et al. 2003, Effects of the consumption of Bifidobacterium lactis HNO19 (DR10TM) and galacto-oligosaccharides on the microflora of the gastrointestinal tract in human subjects
8. Ideally consumed as part of a varied diet.
9. Ideally consumed as part of a diet high in calcium and vitamin D, with an active lifestyle.
10. Australian Bureau of Statistics 2012. Australian Health Survey: Biomedical results for Chronic Diseases, 2011-12.
11. The highest study reported an average reduction of greater than 10% (Parraga-Martínez et al, 2015, Vasquez-Trespalcacios and Romero-Pelacio 2014) and the overall reduction across these studies was 8.53%. Data on file. Bega Dairy & Drinks. More than 3 serves a day provides no additional health benefits. For children under the age of five, pregnant or lactating women and people taking cholesterol-lowering medication, doctor's advice should be sought before using HeartActive, due to their special dietary needs.
12. Australian Bureau of Statistics. Australian Health Survey 2012. Usual Nutrient Intakes.
13. FSANZ The Relationship Between Dietary Calcium Intake, Alone or in Association With Vitamin D Status, and Risk of Developing Osteoporosis.

\*Compared to regular low fat milk. AUSNUT, accessed Apr 2021. Enjoy as part of a balanced diet

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