



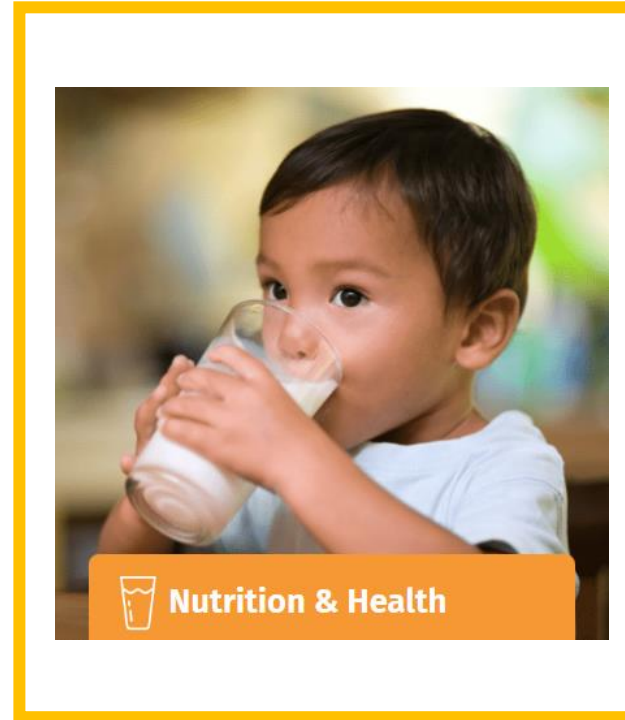
INTERNATIONAL DAIRY FEDERATION  
**STANDING COMMITTEE  
NUTRITION AND HEALTH**

---

MARETHA VERMAAK – REGISTERED DIETITIAN

# IDF PILLARS OF WORK

Standing Committee Nutrition and Health



Support science-based nutrition policies to ensure that dairy is an integral part of the diet for all age groups and contributes to closing the nutritional gaps

# SCNH MEMBERS AND EXPERTS

116 MEMBERS



- Nutritionists and Dietitians
- Nutrition Scientists and Researcher experts
- Nutrition regulation and standards experts
- Nutrition Educators
- Food Scientists



# NUTRITION & HEALTH

## SCNH Contribution to IDF

As the world population continues to increase, it will become even more critical to provide nutrient rich foods in a way that addresses the health of individuals & sustainability concerns



# SCNH: PROMOTING DAIRY'S VITAL ROLE IN NUTRITION

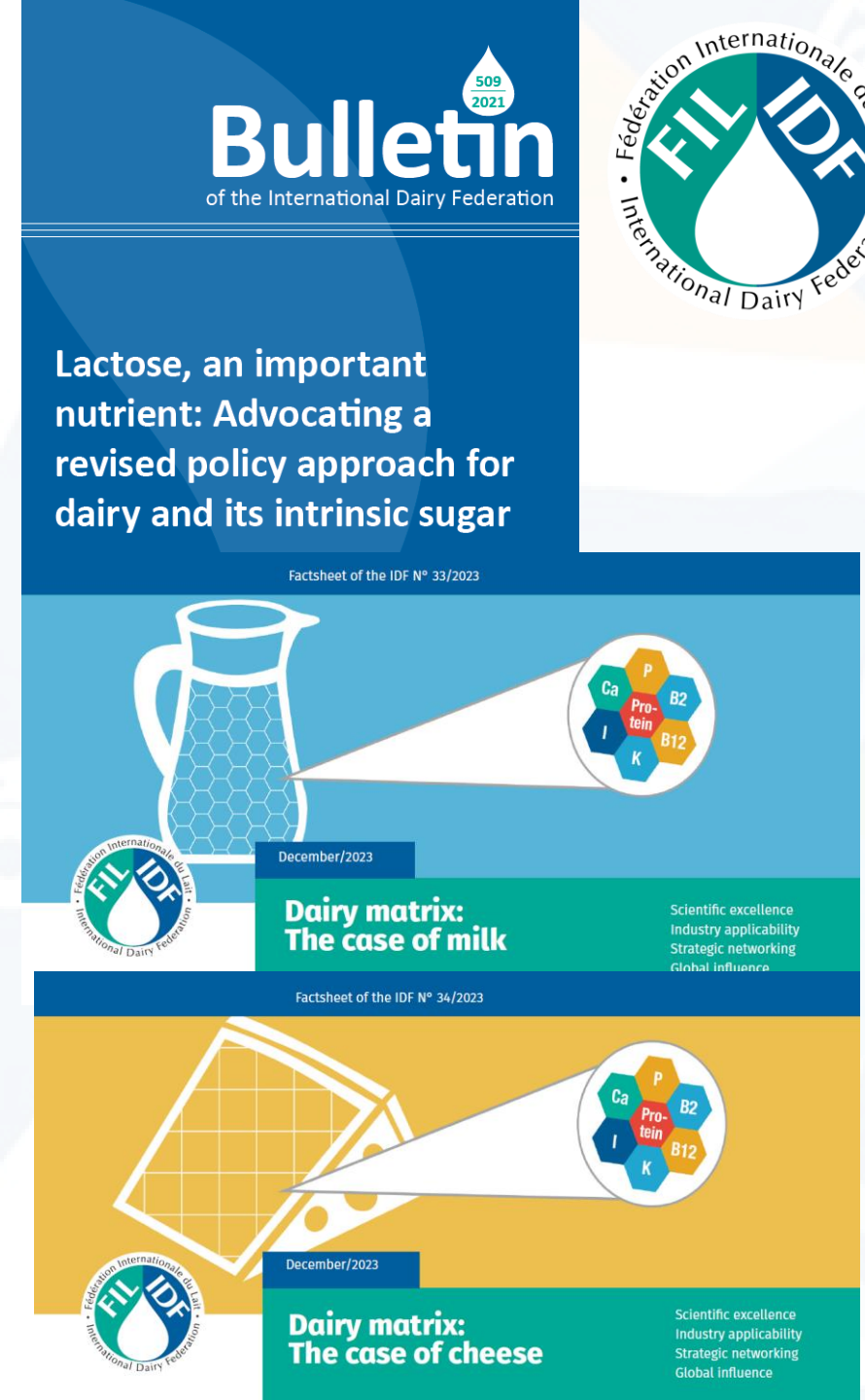


- Engaging in the discussion on how to feed the world with healthy and sustainable diets.
- Presenting a N&H scientific symposium 2024: Healthy Today, Tomorrow and in the Future: The Place of Dairy in Dietary Guidelines
- Developing position papers, fact sheets and Bulletins
- Promoting science-based nutrition within UN institutions



# MOST RECENT WORK

- Fact sheets on The Dairy Matrix
- Position paper on the importance of MILK and DAIRY in school feeding programmes
- Fact sheet on trans fatty acids and saturated fats and cardio vascular disease
- The role of DAIRY in supporting a healthy immune system
- The role of DAIRY in Sustainable Nutrition
- Bulletin on LACTOSE, an important nutrient: Advocating a revised policy approach for dairy and its intrinsic sugar



# IDF SUPPORTS UN WORK RELATED TO NUTRITION



- IDF is an active observer in Codex and participates in multiple workstreams
  - Front Of Pack Nutrition Labelling
  - Node Package Manager (packaging health analysis)
  - Ready to Use Therapeutic Foods
- Through the Private Sector Management IDF participates in the process of developing Voluntary Guidelines on Food Systems and Nutrition

Factsheet of the IDF n° 27/2023



May/2023



**The importance of the dairy matrix in the evaluation of the nutritional quality and health effects**

Scientific excellence  
Industry applicability  
Strategic networking  
Global influence

### Introduction

Nutrition research has traditionally focused on identifying the specific associations through which single nutrients impact health outcomes - for example, calcium and bone health, protein and skeletal muscle and, saturated fat and heart disease. The approach to studying individual nutrients in relation to health has been described as a 'reductionist' perspective (Messina et al., 2001). However, the focus of nutrition research has shifted to examine the association of whole foods and dietary patterns with health (Mozaffarian et al., 2018). This includes recognizing not only that foods have numerous nutritional attributes but also that the effect of one attribute is likely dependent on the combination of nutritional components contained in the whole food and the resulting structure. This focus shift is also based on the fact that people consume nutrients as part of a food, and not in isolation. Moreover, foods are usually also eaten as part of a meal. Based on this emerging insight, the following definitions of dairy matrix and dairy matrix health effects are proposed:

- Dairy matrix describes the unique structure of a dairy food, its components (e.g. nutrients and non-nutrients) and how they interact.
- Dairy matrix health effects refer to the impact of the whole dairy food on health that extends beyond its individual components (e.g. nutrients and non-nutrients).

### The dairy matrix

Dairy foods are unique with regard to their nutrient content and structures, both of which differ across the dairy food category. Dairy foods are excellent sources of calcium, vitamins B2 and B12, high-quality protein, iodine, and also rich in magnesium, potassium, and various fatty acids (FAO, 2013). Milk is an emulsion, which consists of droplets of fat suspended in an aqueous phase containing proteins and numerous vitamins and minerals. The composition and structure of cheese and yogurt can vary depending on the type of milk used and the method of production. The physical structure of dairy products varies from the solid matrix of cheese, to the gel-like structure of yogurt, and liquid milk. The unique structure of a dairy food, its components (e.g. nutrients and non-nutrients) and how they interact, is defined as dairy matrix.

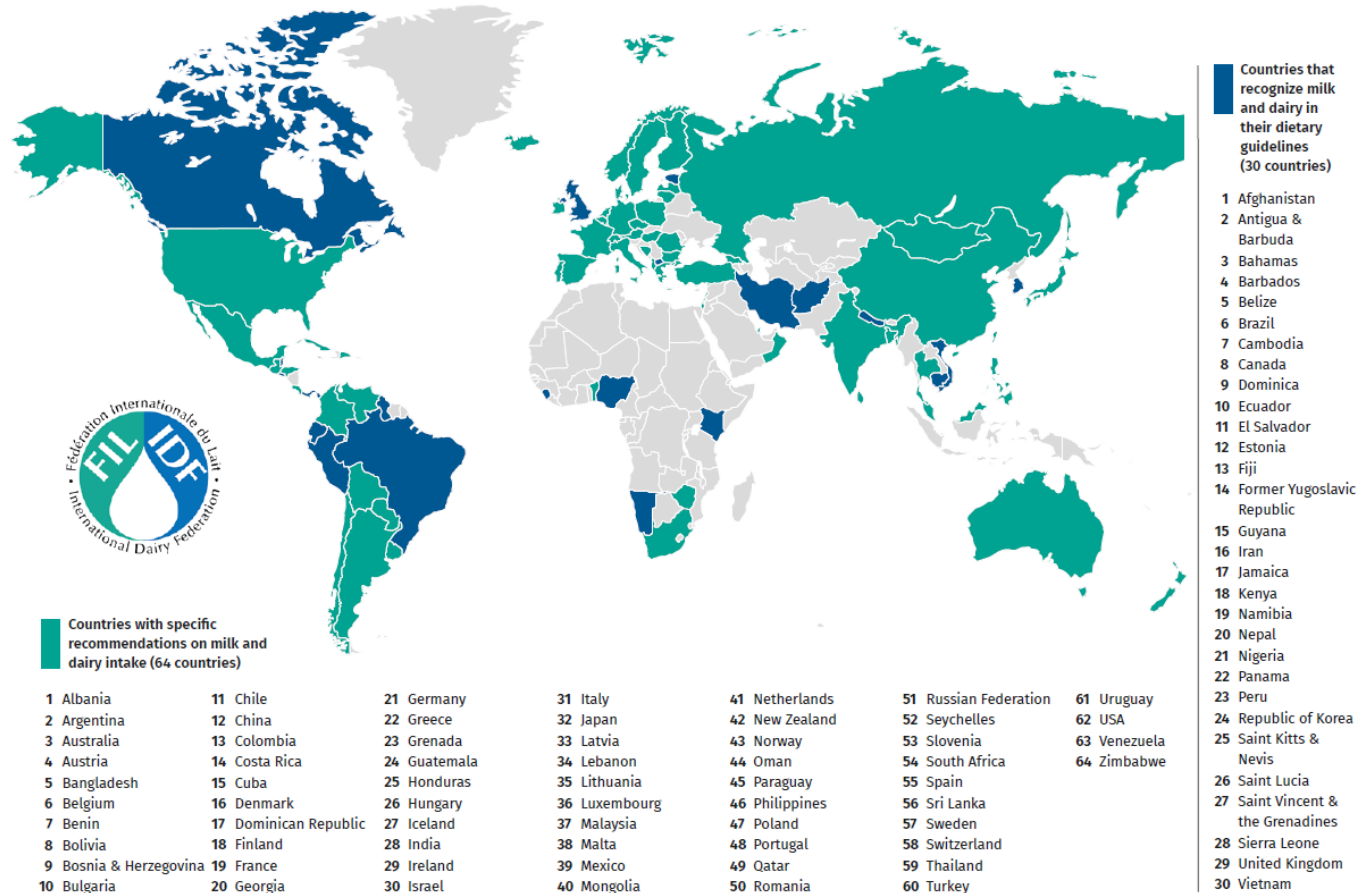
[www.fil-idf.org](http://www.fil-idf.org)

# DAIRY ACKNOWLEDGED IN DIETARY GUIDELINES AROUND THE WORLD



## Action Team Dairy in FBDGs

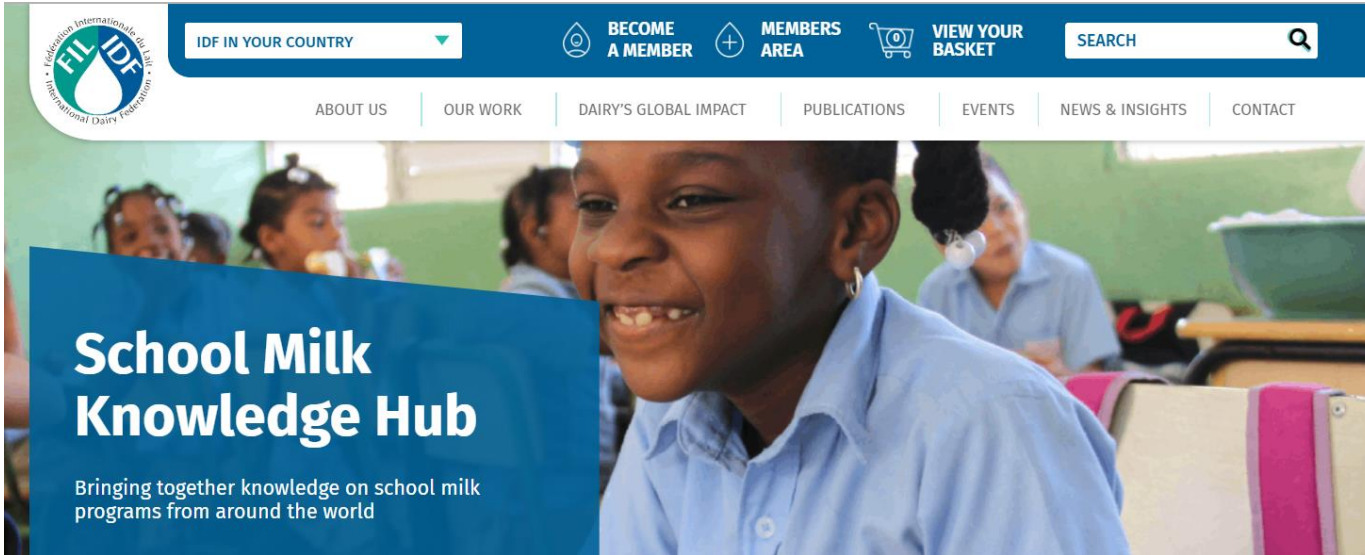
Schematic overview of dairy's place in dietary recommendations based on FAO's database (94 countries)





# SCHOOL MILK PROGRAMMES

[HTTPS://FIL-IDF.ORG/DAIRYS-GLOBAL-IMPACT/SCHOOL-MILK-KNOWLEDGE-HUB/](https://fil-idf.org/dairys-global-impact/school-milk-knowledge-hub/)



**School Milk Knowledge Hub**  
Bringing together knowledge on school milk programs from around the world

HOME / DAIRY'S GLOBAL IMPACT / SCHOOL MILK KNOWLEDGE HUB



IDF IN YOUR COUNTRY

BECOME A MEMBER

MEMBERS AREA

VIEW YOUR BASKET

SEARCH

- ABOUT US
- OUR WORK
- DAIRY'S GLOBAL IMPACT
- PUBLICATIONS
- EVENTS
- NEWS & INSIGHTS
- CONTACT

SHARE THIS PAGE



PRINT

## Case studies



**The smarter lunchrooms movement of California**  
Consuming nutritious food is important at all stages of life, but especially for children and adolescents....  
[READ MORE](#)



**Peru's school nutrition program**  
Preserving culture with innovative product and package design  
[READ MORE](#)



**Addressing childhood malnutrition in Sri Lanka**  
New school milk program in Sri Lanka also promotes food safety and recycling  
[READ MORE](#)



**Burundi's growing school food program**  
A new program to improve children's nutrition and school attendance  
[READ MORE](#)



**Enhancing child health in Russia through school milk**  
Promoting milk consumption and improving health in Russia  
[READ MORE](#)



**School milk helps increases enrolment rates in Kenya**  
Improving school attendance and nutrition through school milk programs  
[READ MORE](#)



**GiftMilk, a School Milk Programme in India**  
GiftMilk school milk program in India: providing nutrition support to children, helping eradicate malnutrition....  
[READ MORE](#)



**Rebate Program, Student Nutrition Ontario, Canada**  
Providing ongoing funding to ensure all Ontario children have equal opportunity to access milk.  
[READ MORE](#)

# UTRECHT GROUP

## REPORTING THE LATEST RESEARCH ON DAIRY



- Presented in the Netherlands and organised by the Dutch Dairy Association
- 2024 theme: Controversial topics in dairy nutrition



# VALUE FOR SOUTH AFRICA

- Keeping up with the latest research in dairy nutrition  
Identifying topics of concern to develop Dairy-based Nutrition reviews
- Using position papers to help state our case to local authorities
- Use factsheets as a basis to develop our own
- Use the IDF as a platform to showcase SA experts in Nutrition
- Avenue to share the unique nutrition environment of South Africa with an international audience.



**VOEDING Magazine**

**I am sterdad**  
ABCDstudie

**WELKE FACTOREN BEINVLOEDEN DE GEZONDHEID VAN KINDEREN**

**12** Corné van Dooren  
Kennisspecialist duurzaam eten, ziet kansen voor een 'Lew Lande' dieet

**18** Onderzoek  
De voedingsmatrix als verklaring voor gezondheids-effecten

**Gezonder eten op het Zuid-Afrikaanse platteland**

Zuid-Afrika kampt met veel sociaaleconomische problemen, waaronder armoede en ondervoeding. Om bij te dragen aan een gezonder land voor alle inwoners is het Consumer Education Project opgestart. Diëtisten spelen een centrale rol bij het verbeteren van kennis over zuivel en gezonde voeding bij consumenten met een laag inkomen.

**Armoede en gezondheid in Zuid-Afrika**  
Volgens het meest recente rapport van de Census (2016) leeft 34,6% van de Zuid-Afrikanten in landelijke gebieden en komt 19,9% van de huishoudens maandelijks geld tekort om voedsel te kopen.<sup>1</sup> De etnische samenstelling van de bevolking is volgens het Zuid-Afrikaanse bureau voor de statistiek: 80,8% is zwart; 18,7% is gekleurd; 2,6% is Aziatisch/Indië en 7,9% is wit. De bevolking in Zuid-Afrika wordt geconfronteerd met veel problemen op het gebied van voeding.<sup>2</sup> Er is bijvoorbeeld veel overgewicht: meer dan 50% van de Zuid-Afrikaanse vrouwen ligt aan overgewicht of zwaarlijvigheid. Verder heeft ongeveer 3,5 miljoen (6%) van alle Zuid-Afrikanten diabetes en van alle zwarte Zuid-Afrikanten heeft 40% een hoge bloeddruk. Zorgwekkend is dat meer dan de helft van de bevolking een tekort aan voedsel heeft: 28,2% heeft kans op honger en 26% heeft geen

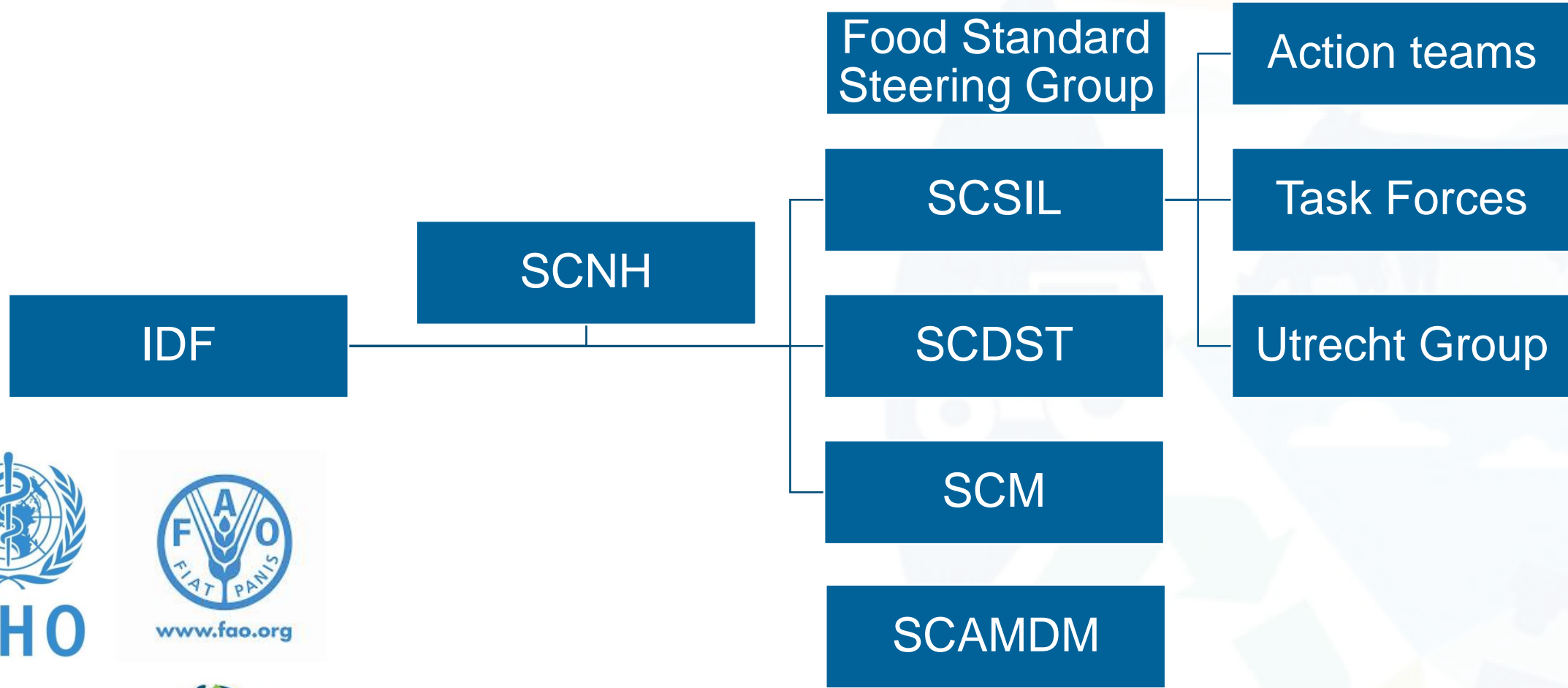
zekere voedselvoorziening en lijdt honger. Omdat een groot percentage van het dieet in Zuid-Afrika bestaat uit maïs, is de inname van energie vaak onvoldoende en bevat het dieet een laag gehalte aan voedingsstoffen. Een derde van de kinderen dat nog niet naar school gaat, heeft een tekort aan vitamine A en 21,4% heeft bloedarmoede.

**Eerste voedingsrichtlijnen**  
In 2001 werden de eerste voedingsrichtlijnen voor Zuid-Afrika gepubliceerd.<sup>3</sup> Die waren erop gericht de bevolking te helpen bij het kiezen van eetpatronen die adequaat zijn en voldoen aan alle eisen met betrekking tot voedingsstoffen. Daarnaast moesten de richtlijnen bescherming bieden tegen niet-overdraagbare ziekten die verband houden met het eetpatroon.<sup>4</sup> Melk en zuivelproducten werden in de eerste richtlijnen nog niet apart benoemd, maar ingedeeld bij de dierlijke voedings-

24 Voeding Magazine 3 2018



# IN SUMMARY: SCNH AND COLLABORATION



GLOBAL DAIRY PLATFORM



## QUESTIONS

- When did you join the SCNH of the IDF and how did it help you grow your career as a dietitian in Milk SA
- You have mentioned that the IDF serves as a platform to showcase nutrition experts in South Africa. Tell us more about these opportunities
- Can you describe a topic that you have been involved with and how you utilised it on a local and international level?