



## **DAIRY FAT**

Most dietary guidelines are recommending consumption of low-fat dairy products. However, in Belgium, The Netherlands and Chile, the dietary recommendations include dairy and not only low-fat dairy. Organizations like the Joslin Diabetes Center, the Canadian Heart and Stroke Foundation, and the Australian Heart Foundation have similarly changed their recommendations.

### **Arla's position on dairy fat**

- In Arla, we trust that both low-fat and whole-fat dairy products can be part of balanced diets.
- In Arla, our reference for a balanced dairy fat content is our raw milk. We use the fat to protein ratio in raw milk to guide the fat level in our products.
- For high-fat products, we inspire consumers on how to use them in balanced cooking.