



DAIRY FAT

Most dietary guidelines are recommending consumption of low-fat dairy products. However, in Belgium, Chile, and Switzerland, 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. The scientific perception of saturated fat from dairy is evolving. Increasing research indicates that the anticipated negative health effects associated with consumption of saturated fat, do not apply for saturated fat in dairy, except for butter.
- 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.