For Healthcare Professionals Only

ROUNDTABLE SUMMARY

NOURISHING HEALTHY AGEING:

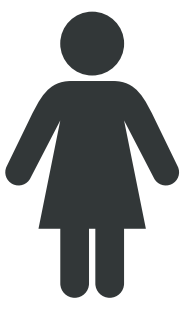
The Valuable Role of Dairy Foods in Supporting Women's Health

In March 2026, a group of registered dietitians, registered nutritionists, and academics specialising in ageing gathered to discuss the role of dairy in women's nutrition throughout the life course. This infographic provides a summary of the roundtable discussion and the insights shared.

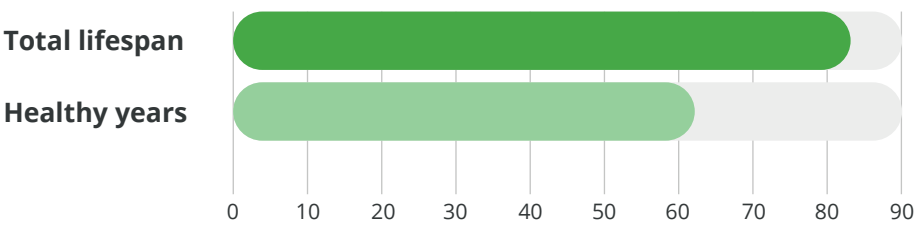
Chair: Barbara Bray, MBE, Registered Nutritionist
Speakers: Dr Laura Wyness, Registered Nutritionist, Dr Oliver Witard, King's College London

NUTRITION ACROSS THE LIFE COURSE

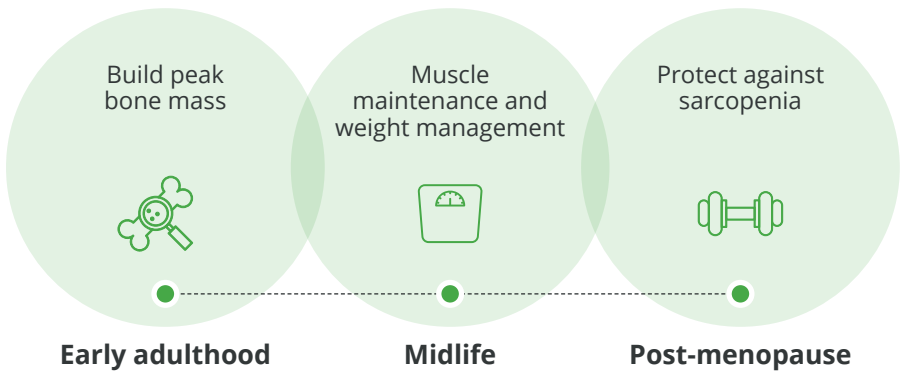
Women live an average of **83 years...**



...yet only **~61** of those are spent in good health



Women face three overlapping health challenges due to evolving nutritional needs throughout the life course:

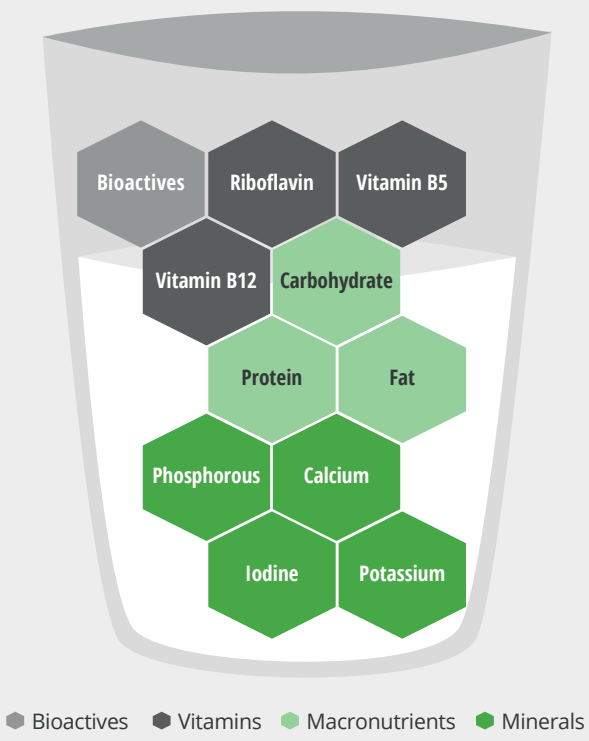


DAIRY SUPPORTS EVOLVING NUTRITIONAL NEEDS

A combination of **high-quality protein** and **bioavailable micronutrients** helps women to build, maintain, and protect their muscoskeletal health throughout the life course.

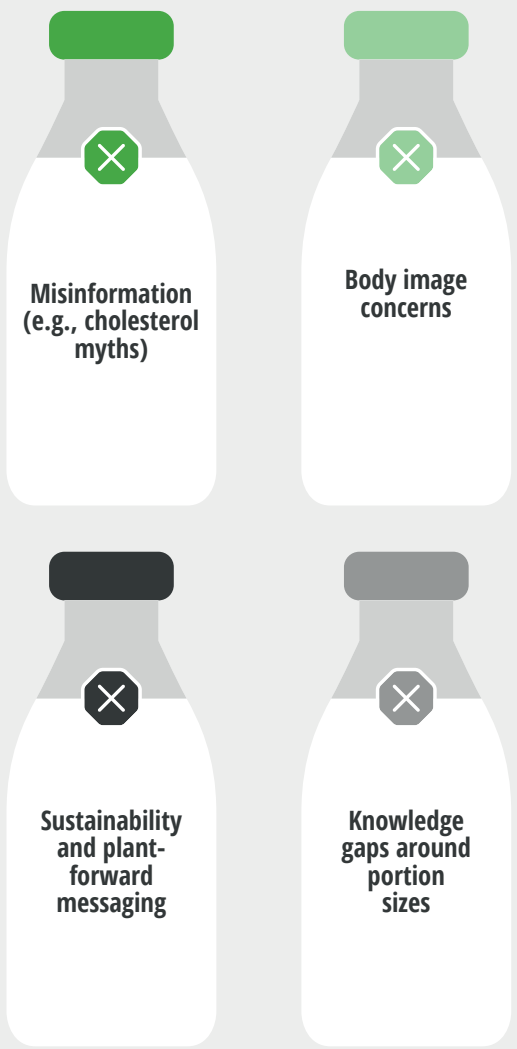
Dairy's unique food matrix – the complex structure of nutrients and bioactive components that influence digestion, absorption, and downstream health effects – delivers benefits beyond those seen with isolated nutrients alone.

The dairy matrix

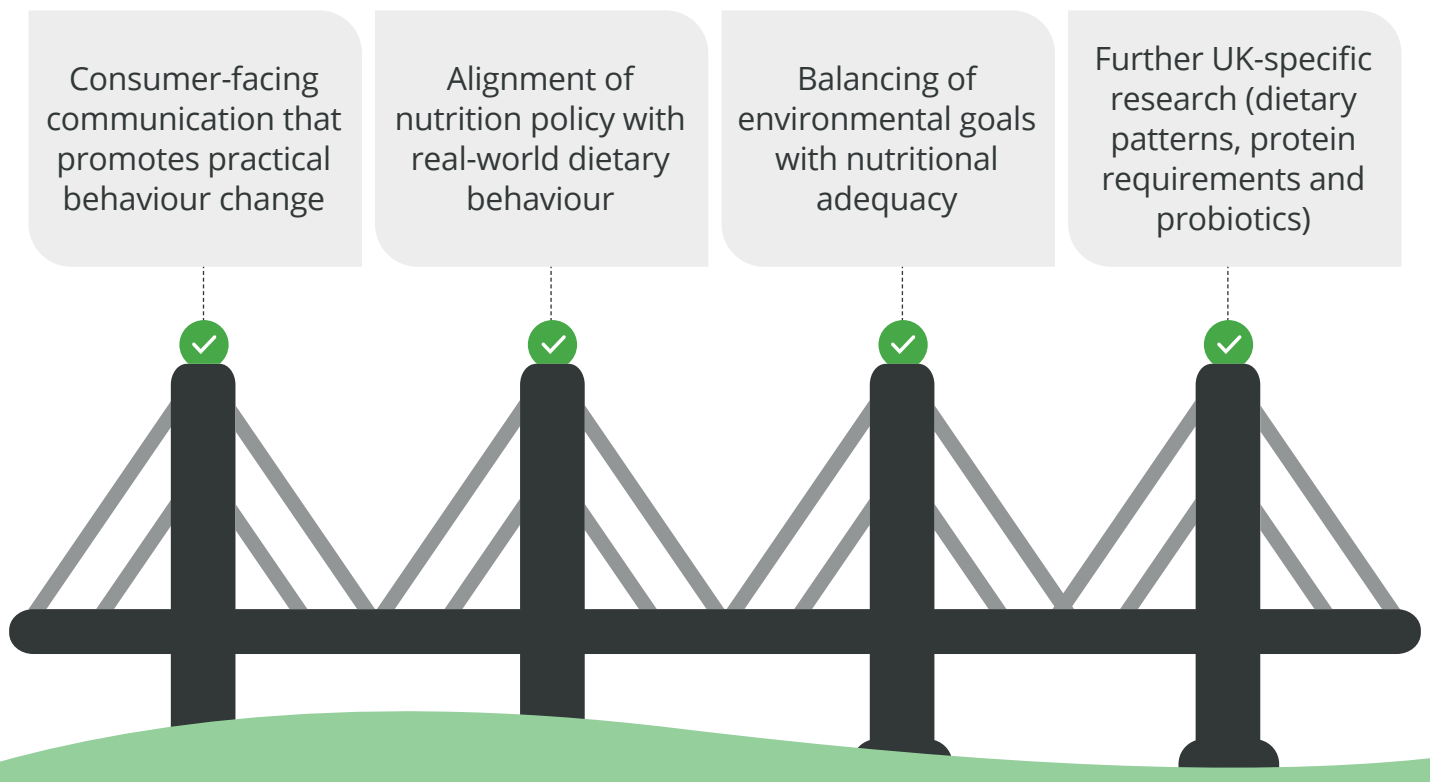


THE EVIDENCE-INTAKE GAP

Despite a robust evidence base, barriers to dairy intake persist:



BRIDGING THE EVIDENCE-INTAKE GAP REQUIRES RESEARCH AND POLICY CHANGE



NUTRITION

Nutrition professionals play a critical role in tackling the nutritional challenges that accompany an ageing population. By transforming evidence into practical advice, dietitians may promote nutritional adequacy and support women to live not only longer, but healthier lives.

DON'T SKIM THE SURFACE!

DISCOVER THE EVIDENCE BEHIND DAIRY:

AHDB