# **Quantities of dairy and alternatives for menu planning**

This tool can help to plan meals which provide enough dairy and dairy alternatives for clients. The table shows how much dairy or dairy alternatives to include in a main meal recipe to meet the minimum number of serves for older people (1 to 1 ½ serves per person).

| **Dairy or alternatives** | **For 10 people** | **For 20 people** | **For 30 people** | **For 40 people** | **For 50 people** |
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| **Milk or calcium enriched soy beverage**  1 cup (250 mililetres) is 1 serve | 2.5 to 3.75 litres | 5 to 7.5 litres | 7.5 to 11.25 litres | 10 to15 litres | 12.5 to 18.75 litres |
| **Milk powder**  2 tablespoons is 1 serve | 1¼ to1¾ cups | 2½ to 3¾ cups | 3¾ to 5½ cups | 5 to 7½ cups | 6¼ to 9 cups |
| **Cheese**  2 slices (40 grams) cheese or 2/3 cup grated cheese is 1 serve | 400 to 600 grams | 800 to 1200 grams | 1.2 to 1.8 kilograms | 1.6 to 2.4 kilograms | 2.0 to 3.0 kilograms |
| **Ricotta cheese**  ½ cup (120 grams) is 1 serve | 1.2 to 1.8 kilograms | 2.4 to 3.6 kilograms | 3.6 to 5.4 kilograms | 4.8 to 7.2 kilograms | 6.0 to 9.0 kilograms |
| **Yoghurt**  ¾ cup (200 grams) is 1 serve | 2.0 to 3.0 kilograms | 4.0 to 6.0 kilograms | 6.0 to 9.0 kilograms | 8.0 to 12.0 kilograms | 10.0 to 15.0 kilograms |