

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
Milk or calcium enriched soy beverage 1 cup (250 mililitres) is 1 serve	2.5 to 3.75 litres	5 to 7.5 litres	7.5 to 11.25 litres	10 to 15 litres	12.5 to 18.75 litres
Milk powder 2 tablespoons is 1 serve	1¼ to 1¾ cups	2½ to 3¾ cups	3¾ to 5½ cups	5 to 7½ cups	6¼ to 9⅓ 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