

The Milk & Dairy Groups

Yoghurts

- D**
Drinking yoghurt
- G**
Greek yoghurt
- L**
Low calorie yoghurt
Low fat, flavoured yoghurt
Low fat, fruit yoghurt
Low fat, muesli yoghurt
Low fat, plain yoghurt
- P**
Plain yoghurt
Powdered yoghurt
- S**
Soya yoghurt
- T**
Thick and creamy yoghurt

Milks

- B**
Buttermilk powder
Buttermilk
- C**
Calcium-fortified milk
Channel Island Milk
Condensed milk, unsweetened
- D**
Dried whole milk
Dried skimmed milk
- E**
Evaporated milk
- G**
Goats milk
- M**
Milk, semi-skimmed
Milk, skimmed
Milk, whole
- S**
Sheep's milk
Soya milk

Cheeses

- B**
Brie
- C**
Cheddar cheese
Cheese spread
Cottage cheese
Cream cheese
- E**
Edam
- F**
Feta cheese
Fromage frais
- G**
Gouda
- L**
Lymeswold
- M**
Mozzarella
- P**
Parmesan
Processed cheese
- Q**
Quark
- R**
Ricotta cheese
Roquefort
- S**
Sage Derby
Soft cheese
Stilton

