

# SN FORUM

**Sports  
Nutrition  
Forum**

A Newsletter for Sports and Fitness Professionals

## BRING ON THE PROS!



The *Milk It For All It's Worth* competition, 'Bring on the Pros' is offering the chance to win a training session with (L-R) : Dublin footballer Bryan Cullen, Leinster rugby fullback Rob Kearney, or surf legend Easkey Britton.

The National Dairy Council has teamed up with Irish sports heroes for the *Milk It For All It's Worth* competition, 'Bring on the Pros', for the second year running. The competition is open to secondary schools, colleges and

sports clubs across the country and offers a unique opportunity for teams or club members to be trained by a sports star and to learn about the importance of diet and nutrition as part of an exercise regime.



Issue 8, DECEMBER 2012

[www.milkkit.ie](http://www.milkkit.ie)



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### Editorial

In this issue of *SN Forum* we 'Bring on the Pros' as we find out about the campaign's latest competition. We also hear from our regular contributors, Ruth Wood-Martin and Dr Tom Hill. Surf legend, Easkey Britton, and BMX professional, Kelvin Batey, feature in our 'Sports Star Spotlight', and we take a look at recent research which demonstrates the benefits of dairy intake with regard to body composition and bone health during weight loss. Log on to [www.milkkit.ie](http://www.milkkit.ie) and visit the Milk It Facebook page: [www.facebook.com/milkkitndc](https://www.facebook.com/milkkitndc) for access to exclusive videos and facts on sports nutrition and milk.

If you have any comments or suggestions, contact us at [info@ndc.ie](mailto:info@ndc.ie). You can also follow NDC updates on **Twitter @NDC\_ie**

*Caroline O'Donovan*

Caroline O'Donovan  
Nutritionist, National Dairy Council



CAMPAIGN FINANCED WITH AID FROM  
THE EUROPEAN UNION, THE NATIONAL  
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OF AGRICULTURE, FOOD AND THE MARINE



### Building on previous success

Last year's campaign was a great success. Schools, colleges, clubs and teams from the length and breadth of the country entered the competition – with Clonmel Athletics Club winning a coaching session with Irish professional hurdler Derval O'Rourke. Portllington Ladies Rugby team were the lucky winners of a training session with professional rugby player Rob Kearney, both winners giving their coaches a well-deserved 'time out'.

### How to enter

A training session with Leinster rugby fullback Rob Kearney, surf legend Easkey Britton or Dublin footballer Bryan Cullen is up for grabs for the lucky entrant's school or

club. To be in with a chance to win, visit the Milk It website [www.milkkit.ie](http://www.milkkit.ie) and take our online skill tests involving balance, speed and accuracy. Entrants should also provide a reason why their school or club deserves a visit from Rob, Easkey or Bryan. The prize is a special coaching session followed by a Q&A with one of these sports stars. But hurry – the competition closes on Friday, December 7<sup>th</sup>!

### Milk It For All It's Worth

The sports stars have joined with the National Dairy Council to help create awareness of the Milk It For All It's Worth campaign, which aims to highlight the associations between milk and sports as part of a healthy diet. Scientific research, which supports a potential for milk

in a number of aspects of sports nutrition, certainly supports this concept.

By way of example, research reported from Loughborough University highlights the effectiveness of skimmed milk as a rehydration drink after exercise, in addition to research from Northumbria University highlighting a beneficial role of milk in recovery from exercise-induced muscle damage. The beneficial role of milk in these areas has been attributed to the natural nutritional composition of milk.

Internationally, research is evaluating the potential of chocolate milk as a post-exercise recovery aid following endurance exercise – which is also revealing many positive results. And, as milk is a source of protein – which contributes to growth and maintenance of muscle – research is also investigating the role of dairy proteins in muscle adaptations to exercise as well as the optimum time of consumption e.g. before/after training.

### Rob Kearney

No stranger to rugby fans, Rob Kearney has competed at schoolboy level right through to the Senior International team. Having made his debut in 2008, the now 41 times capped Kearney is a pivotal member of the current Irish squad.

### Easkey Britton

Hailing from the seaside village of Rosstown in Co. Donegal, Easkey stems from a family of surfing enthusiasts and it was her father and his brothers who were some of the first pioneers of Irish surfing. She became the first Irish person to surf the infamous hell-wave Teahupoo aged just 16 when she travelled to Tahiti and hasn't looked back since! Ireland's five times National Champion, she is leading the charge of the next generation of Ireland's surfers taking on the international surf scene.

### Bryan Cullen

Bryan is an Irish Gaelic footballer who currently plays as a left wing-forward for the Dublin senior team. Cullen made his first appearance for the team during the 2003 championship and has become a regular player over the last few seasons. During that time he has won one All-Ireland winner's medal and six Leinster winner's medals. In 2011 Cullen captained the team to the All-Ireland title, beating Kerry in the final.

In our next issue of *SN Forum*, we will feature highlights of the training days and details of the lucky winners. We also chat to Bryan Cullen in our Sports Star Spotlight section.

**IT'S BACK**

**BRING ON THE PROS**

**BRYAN CULLEN**  
DUBLIN FOOTBALLER

**EASKEY BRITTON**  
SURF LEGEND

**ROB KEARNEY**  
RUGBY IRELAND

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COLLEGE OR CLUB WITH AN IRISH SPORTING HERO.  
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CLOSING DATE FRIDAY 7<sup>TH</sup> DEC 2012.  
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THE NATIONAL DAIRY COUNCIL

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Talmhaíochta,  
Bia agus Mara

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# Performance and Nutrition:

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Ruth Wood-Martin MSc RD SEN is a registered dietitian and sport and exercise nutritionist, and currently works as the Performance Nutritionist with the Irish Rugby Football Union.

## Changing shape and size: the need to lose or gain body weight

Success is influenced by an athlete's shape and size in many sports. The need to be strong and powerful, big and tall, or small and light is dictated by the demands of the sport. Having the optimal physique that is useful for your sport is mainly down to genetics, and we can't choose our parents! However, there is plenty to strive for to best support you in your sport. The practical strategies for gaining or losing weight will differ, but there are some principles that will apply when considering either:

- Targets or goals for body composition change need to be achievable and realistic.
- Choosing the right time in your schedule to make changes is important – don't embark on a new plan during your competition phase.
- Avoid getting too out of shape if you are injured or taking a break.
- Get help from sports nutrition experts who can work with your coach to integrate a good nutrition plan into your training programme.



### PRACTICAL STRATEGIES TO LOSE BODY FAT

The aim is to lose body fat not muscle – there is no advantage in sport in losing body weight if the weight you lose is muscle – this will only reduce your strength and power and decrease your long-term calorie requirements.

Set realistic goals – ask yourself, at what weight do you train and perform well, do you feel good and are injury-free? A weight loss of 0.5–1 kg a week is the maximum you should aim for.

Don't starve yourself. Crash diets only lead to loss of muscle – fat loss doesn't happen quickly. Over-restricting intake will make you feel tired and will affect how well you can train, and this includes very low carbohydrate diets. Never go below 1200–1500 calories a day for women and 1500–1800 calories a day for men.

Practice portion control. Limit the amount of food you eat at meals rather than skipping some meals altogether. Eating regularly helps control your appetite.

Target the times when you find yourself over-eating. Late-night eating, eating when stressed or bored could all fall into this category.

Correct your dietary fat intake. Be sure to include the right type of fats in your diet, including omega-3 fats from fish and monounsaturated fat from olive oil, nuts and seeds. Reduce fat from saturated fat sources such as too much meat and high-fat snacks.

Preserve muscle with protein. Maintain a good spread of lean protein foods over the day as protein is necessary to prevent a breakdown of muscle. Protein foods also make meals and snacks filling, and so, helps appetite control.

Concentrate on the right types of carbohydrate. High fibre foods such as wholegrains, fruits and vegetables help control your blood sugar levels, give energy for exercise and are loaded in vitamins and minerals to keep you well. When you are in a training phase, don't eat less than 3–4 g carbohydrate per kilo body weight.

Control your alcohol intake. Alcohol contains a lot of calories and, ultimately, these get stored as fat.

### PRACTICAL STRATEGIES TO GAIN BODY WEIGHT

The aim is to gain muscle and not fat – extra fat (unless someone is extremely thin) is of no advantage in sport. To gain weight, you need to be taking in more calories than you are using up. To gain muscle, this must be done alongside a training programme that will stimulate muscle development and growth.

Set realistic goals – an increase in body mass of 2–3 kg per month is considered a good return.

Increase the number of times you eat rather than simply trying to eat more at meal times. This will enable greater food intake with less risk of feeling 'overfull' after main meals.

Plan ahead – you have to be organised to have, or be able to get, suitable foods and drinks wherever your busy day takes you.

Make sure you include protein regularly throughout the day. Athletes often think they need huge amounts of protein to gain muscle but there is a limit to how much your body can use to increase muscle mass. You probably do need more protein than your sedentary friend, but don't go overboard – 1.5 to 1.8 g protein per kilo body weight per day is plenty.

High-energy fluids such as milkshakes, fruit smoothies, sweetened dairy products and liquid meal supplements can be a useful way to provide a compact and low-bulk source of calories and nutrients either with or between meals, or before or after a training session.

Although it is important to include fruit and vegetables and wholegrain foods for good health, over-eating these foods can fill you up without giving you a lot of calories. It is okay to include 'white' cereals (e.g. white bread, white rice and pasta).

Keep a food diary of what you eat and when – you might be surprised to find that you are not eating as much or as regularly as you think.

# Sports Star Spotlight

**Easkey Britton**

## Profile

**Full Name:** Easkey Britton.

Its origins are the Irish for fish, 'iascaigh.' It's also the name of my Mum and Dad's favourite wave and where I spent my youth on family 'surfari's' progressing from exploring rock pools to surfing the reef breaks of Easkey.

**Date of Birth:** 10/01/1986

**Birth Place:** Rosstown, Co. Donegal

**Sport:** Surfing



### “ Sporting Influences:

My mum and dad. In the surfing world, Rell Sunn from Hawaii was one of the first female surfers and she had a great attitude. She wasn't over competitive or aggressive, but

an incredible surfer with great compassion. And Lisa Anderson – one of the first female surfers to break the boundary of surfing being a male-dominated sport.

### How Did You Become Involved in Surfing?

My dad got me started – he was one of the first surfers to start surfing in Ireland with his brothers, and my mum surfed as well - that's how they met. So, I was basically born into one of the first surfing families because back then it wasn't a big thing, it was just getting started in Ireland - I probably started when I was about four or five years old.

### Greatest Sporting Achievement:

Competitively, I am five times Irish National Champion and each of those victories were pretty sweet. Personally, it would be my recent experiences – big wave surfing and being nominated for the Billabong XXL Awards (like the 'Oscars' of big-wave surfing) for my big wave performances at Mullaghmore in 2011.

### Typical Diet:

I don't follow any strict diet; I'm just into eating healthy food, getting a good balance and drinking enough water. I always start the day with a good breakfast such as porridge

made with milk, especially in winter months. It keeps you going and keeps you warm when you're surfing.

### Do You Drink Milk?

Yes – in tea, in cereal and porridge. I'm a big fan of yogurt too and I also include cheese in my diet. After an intense competition, I really enjoy some chocolate milk to help my recovery.

### The Importance of Nutritional Science:

It plays a massive role and the more you get into your sport, the more you realise that it's part of the whole package. If you haven't fuelled up right you just regret it later on.

### Thoughts Before a Competition:

It's good to have some nerves as it adds to the buzz, but you need to focus the nerves. For me, I like to not get distracted. I tend to listen to music on my headphones and get in the zone.

### Advice For Aspiring Athletes:

Go out with an open mind and enjoy it. Don't get frustrated because it is an unpredictable sport. Try it out in different and safe conditions. Knowledge before you get into the water is very important. ”

**Kelvin Batey**

## Profile

**Full Name:** Kelvin Batey

**Date of Birth:** 09/05/1981

**Birth Place:** Mansfield, Nottinghamshire, UK

**Sport:** BMX Biking



### “ Sporting Influences:

My parents – they have supported me throughout my career. In sport, my hero is Michael Johnson, the 200m and 400m runner, who broke the world record for the 200m at the Atlanta '96 Olympic Games. In BMX - Dale Holmes, the UK Number 1 for many

years, double World Championship and someone who has helped and influenced my career over the years.

### How Did You Become Involved in BMX Biking?

When I was younger, I always wanted to be on my bike – I used to cycle around the back lawn on a little bike with stabilisers. Luckily, there was a BMX club two miles down the street so when I was five years old my dad took me there and I joined. I did my first race at six years of age and I've been doing it ever since!

### Greatest Sporting Achievement:

Probably the world medals that I've won – three world silvers. I've never won a gold so that's something I would like to change in the next few years.

### Typical Diet:

I'm quite lucky because I like the healthy stuff. Normally in the morning I'll eat a bowl of porridge made with milk, banana and honey. I'd have a mid-morning snack – fruit or a cereal bar, and then lunch would either be a tuna or ham salad sandwich with a piece of fruit and a smoothie. I'd have a sandwich or toastie before training and dinner would be meat or fish with potatoes, rice or pasta and vegetables. I drink lots of water as well throughout the day. I also have milkshakes

and rice cakes as snacks if I'm feeling a bit hungry.

### Do You Drink Milk?

Yes – I have it in porridge and with cereal, but mainly after training.

### The Importance of Nutritional Science:

When I was younger, I used to go training on an empty stomach and halfway through the session I would be so tired. Back then, I wasn't aware of the science around the impact of diet on your training but now I know I need a certain amount of calories, carbohydrates and protein to keep me fuelled for training or racing. It's so important to be able to recover as quickly as possible, to be fresh for the next race or training session. So, definitely the food that you put into your body helps you get the most out of your training.

### Advice for Aspiring Athletes:

You've got to enjoy the sport you are in to succeed but, alongside that, you have to put in the hard work to get where you want to be. Anytime you come away from a competition and you have done your best, no matter what the result, you should be happy as there is nothing more you can do. Whatever you want to do or whatever you want to achieve, go for it - never be left wondering what might have been. ”

# Case study: 15-year-old Keith preparing for the National Swimming Championships



Dr Tom Hill, originally from Cork, is a registered nutritionist and Senior Lecturer in Food and Human Nutrition at University of Newcastle-Upon-Tyne, UK. He has worked on diet and nutrition issues with players, athletes and teams, both professional and amateur, across a range of sports including rugby, soccer, GAA, rowing and athletics. He has also published numerous research articles and book chapters on human nutrition and one of his main research interests is the role of nutrition in musculoskeletal health. He has also played rugby for University College Cork and is currently involved in coaching youth rugby. (Email: tom.hill@newcastle.ac.uk)

Keith, aged 15, is preparing for the National Schools Swimming Championships in February. This is his first attempt at a national level competition after only taking up the sport aged 12. He plans to compete in the 100m freestyle and 100m breaststroke events and is determined to prepare well over the coming two months. With the Christmas period looming, he is adamant to maintain his training schedule but has also been advised on the importance of his diet by his coach. He is not a fussy eater but tends to choose fast food 3-4 times a week mainly during school lunch. His weekly training schedule consists of three morning swimming sessions on Mondays, Wednesdays and Fridays (one hour each of varying intensity) and four high intensity afternoon swimming sessions on Mondays, Tuesdays, Thursdays and Fridays (up to one and a half hours each after school). He also plays indoor football with his friends after school on Wednesdays for an hour. He weighs 58kg and is 5' 6" tall.

## Nutritionist recommendations

Estimated average daily energy requirements based on weight and planned activities:

2,800 kcals/day (60% carbohydrate; 15% protein and 25% fat).

## Some general guidelines

1. On days with two training sessions, aim for breakfast, lunch and dinner with three snacks throughout the day. On days with one training session and days off, aim to reduce the number of snacks from three to two.
2. Aim to spread meals and snacks evenly throughout the day, typically between 2-3 hours apart.
3. Be prepared! Bring snacks to training sessions and school.
4. Try and avoid going out for lunch and eat from the school canteen menu instead.
5. Drink plenty of water daily (3-4 pints recommended).
6. Try your best to follow the diet over the Christmas period but do make allowance for Christmas day by enjoying dinner and a couple of treats!
7. Healthier festive snacks/nibbles include a handful of unsalted nuts, reduced fat crisps or popcorn.
8. Dried fruit such as dates, figs or apricots are also healthy snacking options.

## Sample daily menu

**Typical daily meal plan for days with two swimming sessions (i.e. 2 days per week)**

### 6.30am: Breakfast

- 3 weetabix and 200ml low-fat milk
- Banana

### 7.30am: Morning training

### 8.45am: Post-training snack

- Egg and cucumber sandwich on wholemeal bread with spread (standard size)
- Pint of low-fat milk

### 10.30 am: School snack

- Cereal bar (40g)
- Strawberry yogurt (125g)

### 12.45pm: Lunch (in school canteen)

- Chicken casserole with approx. 150g chicken meat, 3 potatoes, mixed diced carrots, onions and broccoli
- 250 ml carton of fruit juice
- Apple or satsuma

### 3.45pm After-school swimming session

### 5.15pm: Post-training snack

- Fluids and large muesli fruit and nut bar (70g)

### 6.30pm: Dinner

- Homemade beef burger with 150g lean steak mince fried in olive oil
- Low-fat cheddar cheese slice (20g), ½ tomato, onion and ketchup
- 200g of homemade oven baked fries
- Diluted cordial



# Sport & Dairy

## What the science says

### Dairy: Supporting a favourable body composition and bone health during weight loss

#### **Dairy: benefits for body composition during weight loss**

In general, body weight loss through dieting results in a reduction of both fat mass and muscle mass. However, it is preferable to only lose body fat and maintain muscle mass. A recent study demonstrated that higher intakes of dairy foods and dietary protein during a weight loss intervention resulted in a more favourable body composition, compared to those with lower intakes.

Ninety overweight female participants, aged 19-45 years, took part in this 16-week study. All had sedentary lifestyles, were not consuming vitamin or mineral supplements and had low dairy product consumption when beginning the trial. Participants were divided into three dietary weight loss groups: high protein and high dairy (HPHD); adequate protein and medium dairy (APMD); or adequate protein and low dairy (APLD). The HPHD group consumed 6-7 servings of dairy per day and 30% of their energy from high quality protein. The APMD had 3-4 servings of dairy per day and 15% of energy from high quality protein; while the APLD group consumed 0-1 servings of dairy per day and 15% of energy from non-dairy sources of high quality protein such as lean red, fish, meat, eggs and legumes.

Each of the three groups consumed two drinks – one immediately post-exercise and another at least five hours before or after exercise. All drinks consumed provided the same energy and looked, smelled and tasted similar to each other.

The drinks were either 1% chocolate milk (APMD); 1% chocolate milk with a no-calorie sweetener (HPHD); or a carbohydrate-based, chocolate-flavored beverage (APLD). Participants also took part in the same exercise regime of aerobic exercise every day, along with an individualised resistance training programme under supervision on two days per week. Body composition, aerobic fitness, strength and blood samples were measured before and after the study duration.

An equal weight loss was shown across all groups; however, the APMD (adequate protein and medium dairy) group had greater total fat loss and lean muscle mass gain. Lean mass remained unchanged in the HPHD (high protein and medium dairy) group and decreased in the APLD (adequate protein and low dairy) group. All groups improved their strength and fitness, with the HPHD group showing greater strength at the end of the trial than the APLD group. This study demonstrated a more positive body composition in the high protein, high dairy (HPHD) group - showing greater total fat and visceral fat losses, greater lean mass gains, and increases in strength, despite identical body weight loss across the three groups.

**Josse AR et al. Increased consumption of dairy foods and protein during diet- and exercise-induced weight loss promotes fat mass loss and lean mass gain in overweight and obese premenopausal women. *J Nutr.* 2012; 141: 1626-1634.**

MILK IT  
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WORTH**Dairy: benefits for bone health during weight loss**

Restricting total food intake in order to achieve weight loss has been associated with negative effects on bone health, by stimulating 'bone resorption' (bone breakdown). However, a recent study demonstrated that higher intakes of dairy foods, dietary calcium and protein during diet-induced and exercise-induced weight loss positively affected markers of bone health.

This study used an identical protocol to the above study – assigning 90 overweight female participants (aged 19-45 years) into three groups of varying protein and dairy intakes. More specifically, for analysing the effect on bone health, blood samples were taken at the beginning and end of the study, and specific bone biomarkers were measured.

Results showed that bone biomarkers and calcium metabolism were more favourable in the HPHD (high protein and high dairy) and APMD (adequate protein and medium dairy) groups compared to the APLD (adequate protein and low dairy) group – which showed increases in bone resorption and reduced bone collagen formation. Positive findings were shown across a number of bone-related processes in the HPHD and APMD groups and suggested that the higher dairy food and calcium consuming groups promoted new bone formation. In contrast, the APLD group showed increases in bone breakdown and reduced bone formation.

This study highlights that diets higher in dairy foods, dietary calcium and protein, combined with weight-bearing exercise (activity which puts the full weight of your body on your feet and legs) can assist in maintaining or improving bone health during weight loss.

**Josse AR et al. Diets higher in dairy foods and dietary protein support bone health during diet- and exercise-induced weight loss in overweight and obese premenopausal women. *J Clin Endocrinol Metab.* 2012; 97: 251-260.**

Furthermore, a recent paper was published by two of the researchers involved in the above studies, reviewing the impact of milk consumption and resistance training on the body composition of female athletes. From an overview of the literature, they concluded that resistance exercise and milk or dairy consumption positively impacts body composition in women by promoting favourable changes in fat mass, muscle mass and bone. The authors conclude that evidence is supporting milk and dairy products as post-resistance exercise options to help improve positive body composition changes not only in athletes, but also in recreationally active people, or those seeking to lose body fat.

**Josse AR and Philips SM. Impact of milk consumption and resistance training on body composition of female athletes. *Med Sport Sci.* 2012; doi: 10.1159/000341968.**

**Resources and events**

Two 'Milk It For All It's Worth' booklets – one specifically designed for teenagers 'Think it, Drink it, Milk it!' and another written with young female adults in mind 'Get on board with nutrition' – are available to download from the NDC website free of charge: visit [www.ndc.ie/publications](http://www.ndc.ie/publications). The teenage booklet focuses on bone health, dairy nutrition and sports nutrition; while the adult female booklet focuses on body weight management, bone health and includes tasty dairy recipes.

Log on to [www.milkkit.ie](http://www.milkkit.ie) to find out more about nutrition for sports, enter our monthly competition, or play fun games. Visit the Milk It Facebook page: [www.facebook.com/milkkitndc](https://www.facebook.com/milkkitndc) for access to exclusive content, videos and some facts on sports nutrition and milk.

For updates on the NDC, follow us on **Twitter @NDC\_ie**

For more information about upcoming *Milk It For All It's Worth* seminars and events, visit the NDC website [www.ndc.ie](http://www.ndc.ie) or contact us on (01) 290 2451.



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