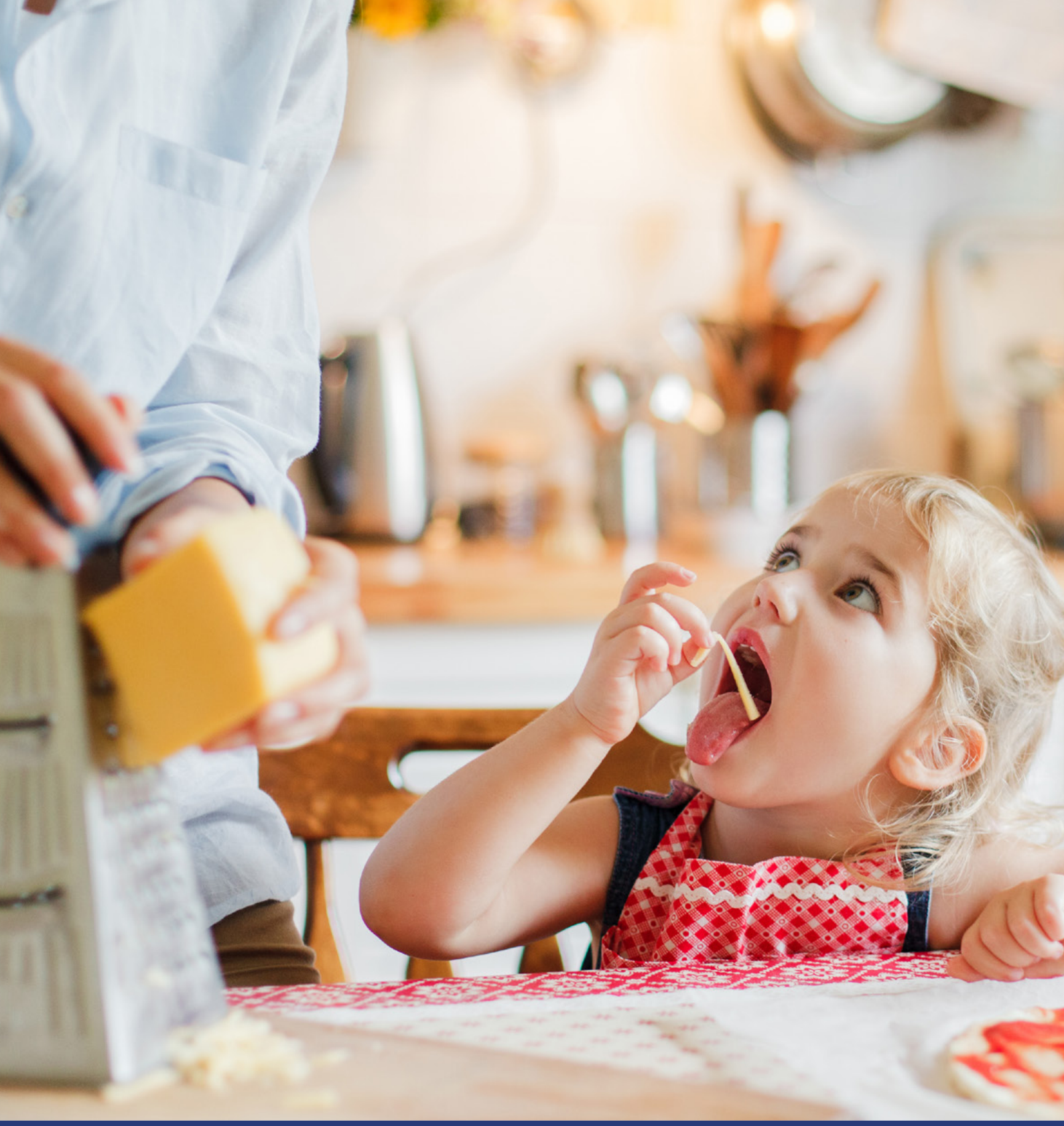


CHEESE WITH ALL THE NATURAL DAIRY GOODNESS

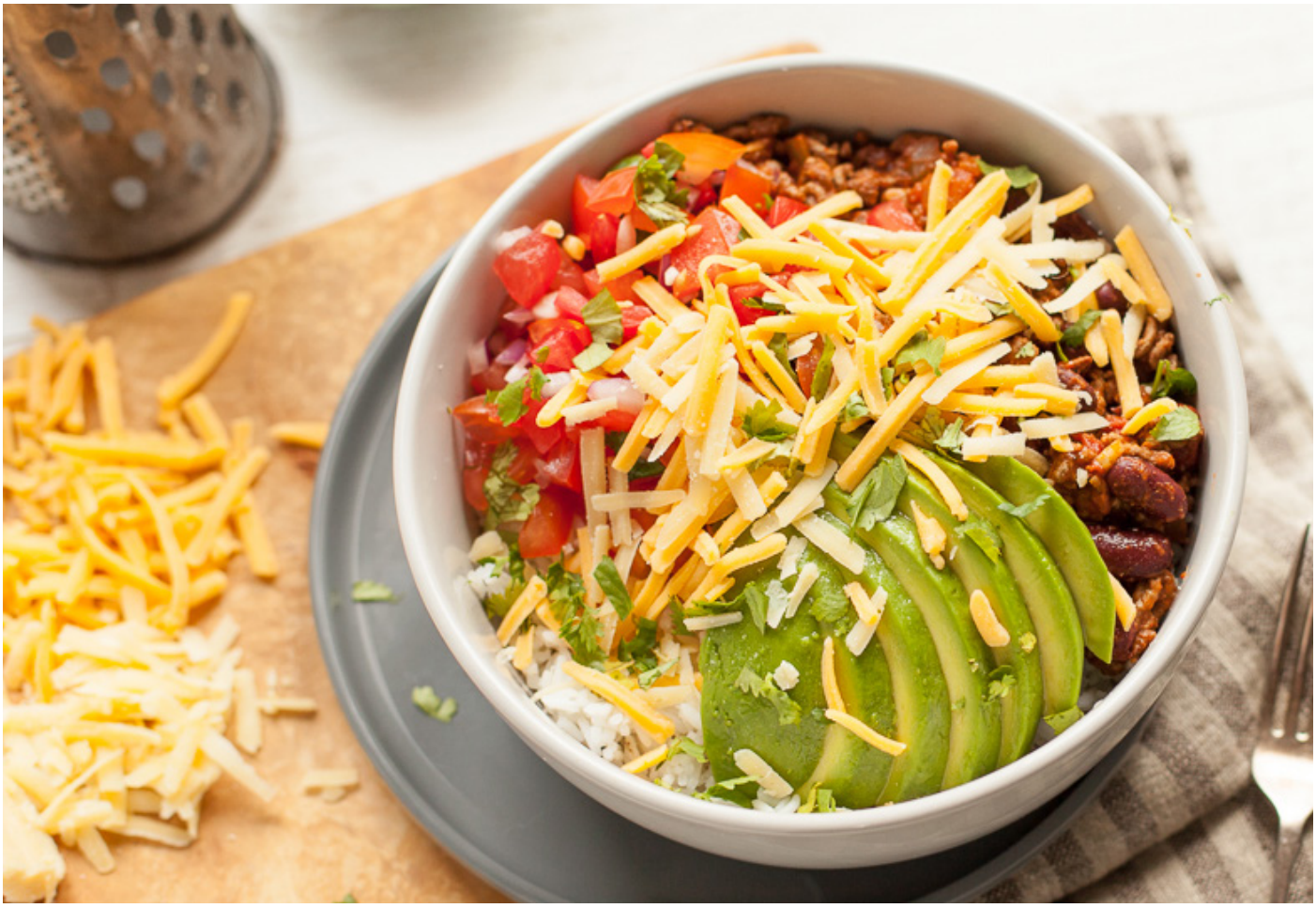
CARBERY
DAIRY

DISCOVER THE DAIRY MATRIX

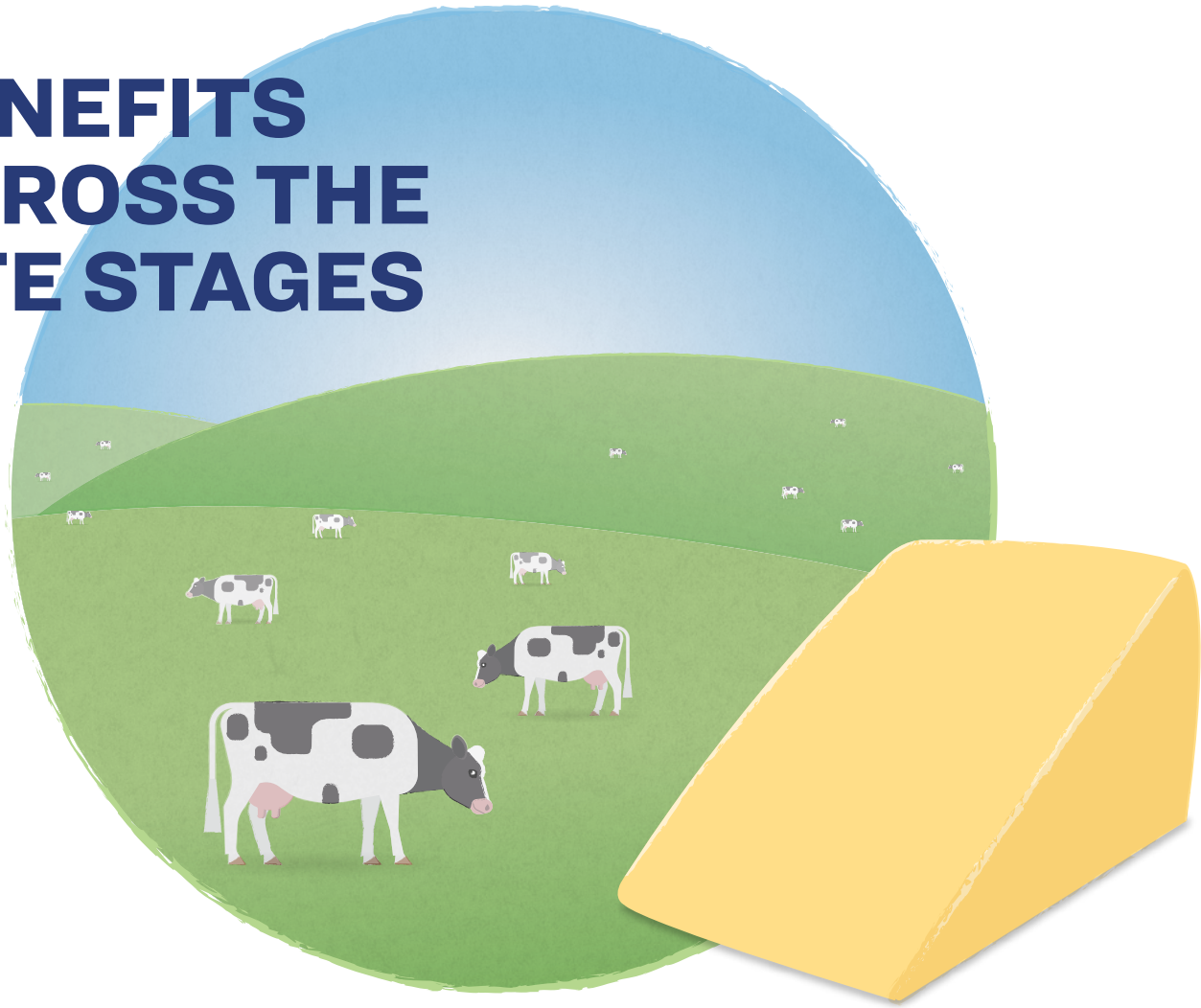
Dairy products including cheese are important sources of valuable nutrients, when consumed as part of a balanced diet.

Cheese is a great source of calcium, fat, and protein and contains high amounts of vitamins A and B12, along with zinc, phosphorus, and riboflavin which, we believe, making it one of the most natural and wholesome foods available.

There is an emerging concept of the "Dairy Matrix" which looks at how the various nutritional components in cheese, working together, may have more health benefits than the individual nutrients working in isolation. Additionally research from Food for Health Ireland found that Dairy fat consumed in a cheese "matrix" has beneficial impacts on blood lipids compared to non-matrix forms *(Feeney et al 2018, American Journal of Clinical Nutrition).*



BENEFITS ACROSS THE LIFE STAGES



IN CHILDREN

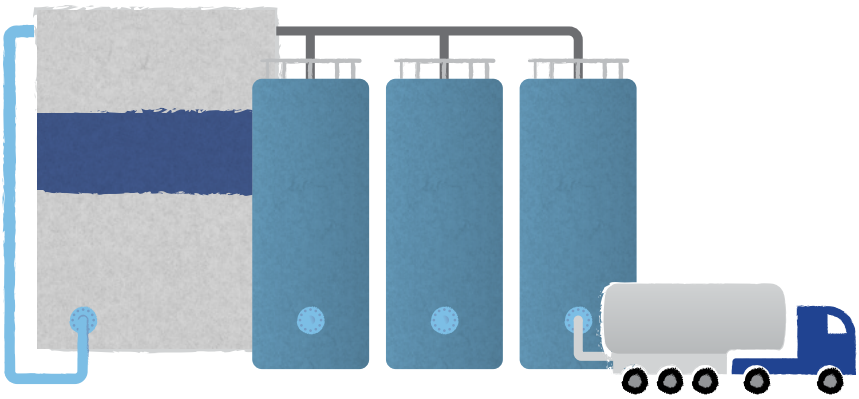
- **Protein** is essential for normal growth and development
- **Calcium** for bone health
- **Zinc** and **vitamin B12** to support the immune system
- **Iodine** supports normal growth
- **Fat** for normal cell development

IN ADULTS

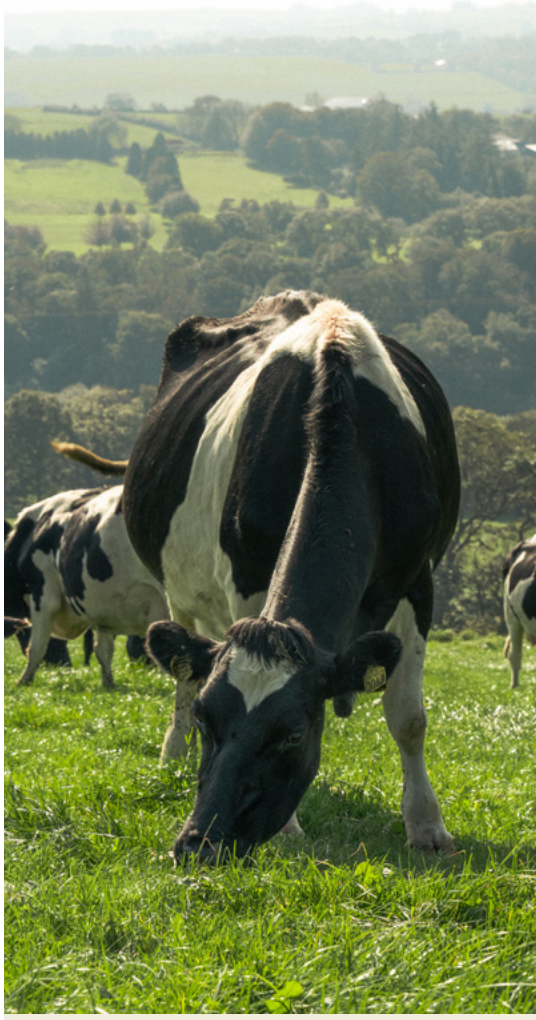
- **Protein** is required for muscle and bone health
- **Zinc** to support cognitive function and the immune system
- **Folate** to support the immune system as well as normal cell functioning
- **Vitamin A** for healthy skin
- **Calcium** and **phosphorus** for bone health

IN SENIORS

- Source of **calories** and **fat** to support body weight maintenance
- **Protein** to support maintenance of muscle mass
- **Calcium** and **Phosphorus** for bone health
- **Vitamin A**, **B12** and **Zinc** for immune support



THE NUTRITIONAL BENEFITS OF GRASS FED DAIRY PRODUCTS



Ireland's temperate climate, abundant rainfall and tradition of family farming delivers one of the best grass fed dairy systems in the world, with Carbery cows grazing outdoors for up to 300 days a year.

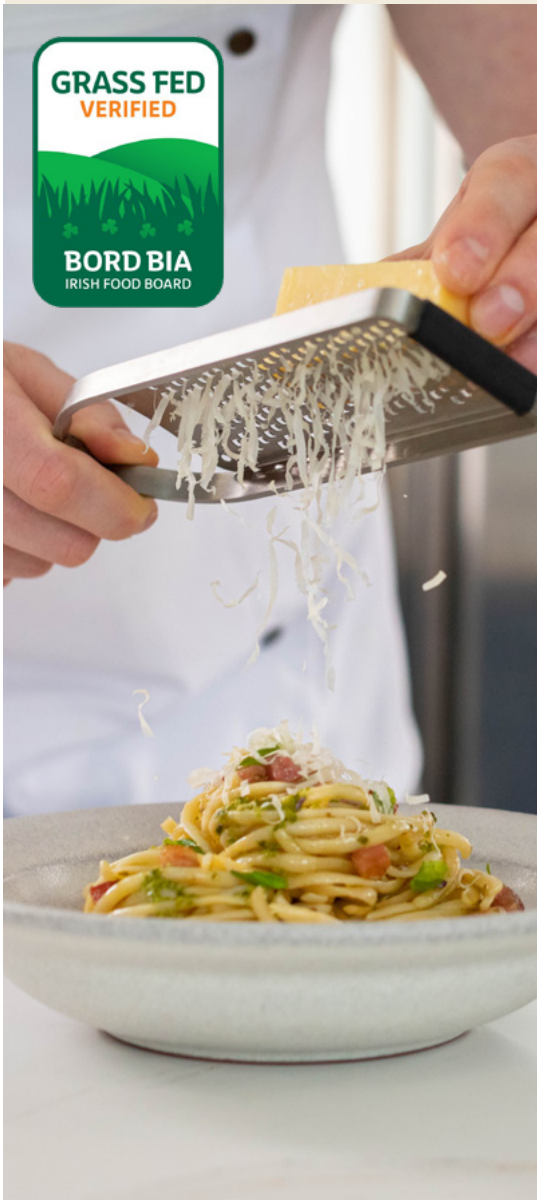
Our cheese is made with milk that is 95% grass fed on a fresh weight basis, as independently verified by Bord Bia, the Irish Food Board, ensuring the sustainability and quality our consumers expect.

The nutritional composition of milk varies according to the cow's diet, with significantly higher fat and protein content found in grass fed milk compared to an indoor-milk system.

Additionally, grass fed milk has been shown to have a significantly higher content of certain nutrients including a two-fold increase in conjugated linoleic acid (CLA) and significantly higher concentrations of omega-3 fatty acids and beneficially alters the omega-6 and omega-3 fatty acid ratio in cow's milk

Grass-fed milk also has significantly higher levels of the Vitamin A precursor, B-carotene, which gives Carbery Cheese a more yellow colour.

Grass based feeding also has a significant effect on the mineral composition of milks, with grass-fed milks having significantly higher concentrations of calcium and other minerals such as phosphorus, magnesium, and manganese.



- Faulkner H, O'Callaghan TF, McAuliffe S et al. (2018) Effect of different forage types on the volatile and sensory properties of bovine milk. J Dairy Sci 101, 1034-1047.
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