

WHOLE MILK POWDER

Made from our highest quality milk from our grass fed cows, our Whole Milk Powder has all the versatility and nutritional benefits of fresh, whole milk.

Tirlán

Tirlán is an ingredient solutions partner to some of the world's leading companies and brands. At the forefront of ingredient technology, we offer a range of solutions to match the ever-changing demands of the food and nutrition industry and its consumers.

With quality dairy and grains sourced from 5,000 Irish family farms, combined with advanced market research and insights, our unique platform offers fully traceable and sustainably produced natural solutions to help our customers stay ahead of the curve.

www.tirlaningredients.com



Dairy goodness is an essential part of a healthy diet

Children's energy and nutrient needs will vary depending on factors such as their gender, age, body-size and activity levels. Milk is a natural, delicious and nutritious drink and can be an important component of a balanced diet and an active lifestyle. It is well-known that milk is an excellent source of calcium, which is a key nutrient for the normal growth, development and maintenance of our bones. But there is more to milk than calcium, it provides essential vitamins and minerals, high quality protein and carbohydrates.

Therefore, including milk in children's diet can help support the delivery of their energy and nutritional needs. Whole milk powder is an affordable and versatile way of getting milk into children's diets.

32g of whole milk powder mixed with 250ml water creates a nutritious drink



The benefits of drinking whole milk powder



Strong bones, muscles and teeth Calcium is important nutrient for children as it is needed for bone development, to maintain healthy teeth and for muscle function. Muscles play a vital role in children's movement and are essential for everyday tasks like walking, playing and carrying school bags. Protein is also important to support normal muscle growth and maintenance. Milk is a source of complete protein meaning it contains all the essential amino acids. One serving of milk made from whole milk powder provides children 23% of their daily recommendation of calcium. One serving of milk made from whole milk powder contains 7.7g of protein, 23% of a child's daily recommendation of protein.¹



Supporting the immune system A healthy diet is important to support immune systems. There are a wide variety of nutrients play a role in supporting the immune system and many of these are to be found in dairy, such as vitamin A, vitamin B6 and vitamin B12. One serving of whole milk powder provides 9% of a child's daily recommended B6 and 49% of the daily recommendation for B12.¹



Support energy during the school day Kids need a lot of energy to support them during their school day. Milk is a natural source of vitamins B2 and B12. These nutrients support normal energy metabolism and reduction of tiredness.



Supporting cognitive brain function Cognitive (brain) functions include memory, attention, perception, reasoning and the ability to retain information. These are important functions to help children get the most out of their school days. Iodine is important for school children as it supports normal cognitive function, nervous system and normal energy production. Milk is considered an excellent source of iodine. One serving of milk made from whole milk powder contains 28% of the daily recommended of iodine for children.¹

We stay at the forefront of ingredient innovation by investing in our people, our processes and our infrastructure.



The Innovation Hub

Our Innovation Hub houses world class facilities enabling us to bring our concepts to life.



Leading the way in process and technology

Functionalising and developing ingredients whilst always maintaining nutritional integrity.



Our external ecosystem

Our extensive network of external partners ensures we are agile.



Developed by our experts

Our team of experts passionately researching the worlds of dairy and plant.



Providing superior nutrition

At Tirlán the foundations of nutrition are built on dairy and plant. Our ethos: "Good for You, Good for the Planet".

Get in Touch

To find out more about how Tirlán can support you in developing your solutions, please contact us directly.

Email: info@tirlaningredients.com
www.tirlaningredients.com

References:

1. Based on 32g of whole milk powder with 250ml of water for a glass of nutritious milk. Institute of Medicine (IOM) Recommended Daily Allowances for children aged 9-13 years

[LinkedIn.com/showcase/tirlan-ingredients](https://www.linkedin.com/showcase/tirlan-ingredients)



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