

Dairy sources of energy contribution to the average Polish diet
(in % of total energy contribution)

Contribution of Milk and Dairy Products in %:	Energy
	9.07
Milk	3.21
Whole milk	2.21
Reduced fat milk	0.91
Condensed and powdered milk	0.09
Cheeses	3.68
Ripened and melted cheeses	2.53
Cottage cheeses	1.15
Yoghurts, milk drinks and other dairy products	2.17
Yoghurts	0.58
Milk drinks and other dairy products	1.59