

DAIRY FOODS HELP NOURISH LIFE

Three daily servings of dairy foods, like milk, cheese or yogurt in those 9 years and older contribute to healthy eating styles and well-being.¹

Milk has a unique nutrient package and contains nine essential nutrients important for growth and development.^{1,2,3,4}

Healthy eating patterns that include low-fat or fat-free dairy foods are linked to reduced risk of cardiovascular disease, type 2 diabetes and lower blood pressure among adults. Dairy foods also are linked to better bone health, especially in children and adolescents.

DAIRY SUPPORTS THRIVING COMMUNITIES AND A HEALTHY PLANET

Dairy foods are responsibly produced, nutrient-rich foods that help nourish people, strengthen communities and foster a sustainable future.

The dairy community contributes:

- 2% of greenhouse gases (GHGs) in the U.S. with a voluntary goal to reduce GHGs by 25% by 2020. $^{\rm 5}$
- \sim 3 million jobs and generates \$625 billion for the economy every year in the U.S. 6
- to the livelihoods of up to 1 billion people worldwide.⁷

CHILDREN AND ADULTS FALL SHORT ON RECOMMENDED DAIRY SERVINGS AND ESSENTIAL NUTRIENTS

The 2015–2020 Dietary Guidelines for Americans (DGA) recommends three servings of low-fat or fat-free dairy foods daily for those 9 years and older, $2\frac{1}{2}$ cups for those 4–8 years and 2 cups for those 2–3 years.

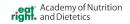
By age 6, consumption of milk, cheese and yogurt falls below the DGA recommendation, and the trend continues into adulthood (average is less than two daily servings).^{8,9}

It can be hard to meet nutrient recommendations—especially calcium, vitamin D and potassium (three nutrients of public health concern)¹—without eating three daily servings of dairy foods.

EATING THREE DAILY SERVINGS OF DAIRY FOODS LIKE MILK, CHEESE OR YOGURT CAN HELP PEOPLE CLOSE KEY NUTRIENT GAPS, CONTRIBUTING TO NUTRIENT-RICH, HEALTHY EATING PATTERNS.^{1,10}

These health and wellness organizations support consumption of three daily servings of low-fat or fat-free dairy foods to help build healthy eating patterns as identified by the DGA:

























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⁴USDA. USDA National Nutrient Database for Standard Reference. Release 28. http://www.ars.usda.gov/ nutrientdata. Published 2016.

⁵Henderson A, Asselin A, Heller M, et al. U.S. Fluid Milk Comprehensive LCA. University of Michigan & University of Arkansas. 2012.

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¹⁰Rice BH, Quann EE, Miller GD. Meeting and Exceeding Dairy Recommendations: Effects of Dairy Consumption on Nutrient Intakes and Risk of Chronic Disease. Nutr Rev. 2013;71(4):209-223. doi:10.1111/nure.12007.