Dairy Can Help

Dairy foods and ingredients can be a bridge to the Sustainable Development Goals (SDGs) – helping connect secure and sustainable food systems to the health, economic, environmental, and social challenges presented by malnutrition.

**U.S. Snapshot**
Dairy nourishes children and adults in the U.S. The dairy community remains committed to ensuring the affordability and accessibility of nutrient-rich dairy foods.

Milk supplies essential nutrients, including high-quality protein, vitamins and minerals required for appropriate growth and development throughout childhood.*

Consumption of high quality dairy proteins, including whey proteins*, has been linked to better rates of weight gain among children recovering from severe acute malnutrition.7

A 2016 analysis of prospective studies indicated that each daily serving of dairy foods was linked to a 13% reduced risk of childhood overweight and obesity.8 More research is needed to understand the types of dairy foods and the link to body weight.

U.S. Snapshot
Milk is the number one food source of calcium, vitamin D and potassium, all of which are nutrients of concern, along with fiber in the diets of both U.S. children and adults.9,10

On average, school-aged children in the U.S. fall short of current milk and milk product dietary recommendations,11 but school meals are considered a way to help fill this gap.12

Milk is among the most requested and least donated food bank items in the U.S.13

1 gallon of milk (amount received by U.S. food banks per person per year)* vs. 68 gallons of milk (amount needed to meet USDA recommendations per person per year)**

The health of future generations depends on the health of our planet. Sustainable diets must be at the core of the global response to this triple burden. Considerations include:

1. **Undernutrition** (underweight, stunted or wasted)
2. **Micronutrient Deficiency** (inadequate consumption of vitamins and minerals)
3. **Overweight and Obesity** (weight that is higher than healthy for height)

**Dairy**

Shifting food demands
Population growth and longer lifespans
Changing climate
Growing urbanization
Nourishing more people with fewer resources

For more information, please visit https://dairyags.org/Solve7

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*include dairy products from one dairy group available.

** Source: USDA Economic Research Service – 2014 (Million people, aged 0-18 years)

* Source: UNICEF – 2017, ** Source: USDA – 2016