Dairy: Part of the Solution to the Triple Burden of Global Malnutrition

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)

Because 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:

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

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.

- Up to 1 billion people and their livelihoods depend on dairy
- 4 trillion servings
  Anticipated global milk demand by 2050
  (free fresh milk equivalents)

Eating nutrient-rich dairy foods like milk, cheese, and yogurt can help alleviate some of the issues of global malnutrition.

- 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 protein, has been linked to better rates of weight gain among children recovering from severe acute malnutrition.
- A 2016 analysis of prospective studies indicated that each daily serving of dairy foods was linked to a 1% reduced risk of childhood overweight and obesity. More research is needed to understand the types of dairy foods and the link to body weight.

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.

- #1 Source
- On average, school-aged children in the U.S. fall short of current milk and milk product dietary recommendations, but school meals are considered a way to help fill this gap.
- Milk is among the most requested and least donated food bank items in the U.S.
- 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 triple burden of malnutrition is a universal challenge. Achieving SDG #2 – ending hunger and malnutrition in all its forms – demands a response of unprecedented scale. The dairy community is prepared to be part of this response.

Learn more at nationaldairy.com/sustainability

For source cited here, please click https://doi.org/10.1016/j.dld.2020.07.022 by part of the solution to the triple burden of global malnutrition.

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*Includes dry milk products like dry milk, evaporated milk, and dried whole milk.