

DAIRY: PART OF THE SOLUTION TO THE TRIPLE BURDEN OF GLOBAL MALNUTRITION



The dairy community supports and champions ongoing solutions to address the triple burden of 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)¹

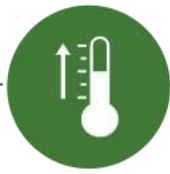
Because the health of future generations depends on the health of our planet,² sustainable diets must be at the core of the global response to this triple burden. Considerations include:



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 dairy³



4 trillion servings
Anticipated global milk demand by 2050
(8oz fresh milk equivalents)⁴

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 childhood⁵



Consumption of high quality dairy proteins – including whey proteins⁶ – has been linked to better rates of weight gain among children recovering from severe acute malnutrition⁷



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

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

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 gap¹²



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)¹⁴ vs. 68 gallons of milk (amount needed to meet USDA recommendations per person per year)¹⁵

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 nationaldairyCouncil.org

