Dairy foods contain high-quality protein and are recommended by the Dietary Guidelines for Americans for people following a plant-based diet as they contribute key essential and under-consumed nutrients.

A balanced diet includes a variety of protein sources.

Dairy foods are an important part of healthy eating styles, especially for flexitarian and vegetarian diets.

Proteins from animal food sources are complete, high-quality proteins because they provide all amino acids.

You would need to eat up to 20%-30% more of some plant proteins to get the same high-quality protein.

Dairy foods are an important source of vitamin B12 — a nutrient primarily found in animal products.

When it comes to beverages, cow’s milk is a simple, delicious and nutritious choice.

Milk is both simple and full of the nutrients you need for energy and strength.

It is a powerful nutrient package with protein, calcium, vitamins A & D and more!