

# Dairy + Plant-Based Diets:

## *A Way to a Balanced Meal*

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!