Dairy foods such as low-fat and fat-free milk, cheese and yogurt are foundational foods in healthy eating patterns outlined by the 2015-2020 Dietary Guidelines for Americans (DGA). Healthy eating patterns are linked to lower risk for chronic diseases that affect millions of Americans, including cardiovascular disease (CVD), high blood pressure and type 2 diabetes (T2D).

There is growing evidence that eating dairy foods is not linked to higher risk for these chronic diseases and may be linked to lower risk. More research is needed on these promising associations.

EATING DAIRY FOODS IS NOT LINKED TO HIGHER RISK FOR KEY CHRONIC DISEASES and in some cases may be linked to lower risk, according to a review of 20+ studies.2

AMONG AMERICAN ADULTS,3,4,5,6,7,8,9,10,11,12,13

- **37%** have CVD or are living with the after-effects of stroke16
- **34%** have high blood pressure
- **8%** have diagnosed T2D16

*Dairy foods in the studies are whole, reduced-fat, low-fat and fat-free milk, cheese and yogurt.

**American adults ages 20+. ***Diabetes data typically does not distinguish between type 1 and type 2 but 90% – 95% of diabetes cases are type 2, so data is more reflective of T2D.

Most Americans are not eating recommended amounts of dairy.1,17 Adding one serving of low-fat or fat-free dairy foods each day can help Americans meet recommendations from the 2015-2020 DGA.18

For more information on dairy foods and their health benefits, visit nationaldairycouncil.org

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