



# BUILD HEALTHY, NUTRITIOUS EATING PATTERNS WITH THREE SERVINGS OF DAIRY EVERY DAY

## DAIRY FOODS HELP NOURISH LIFE

Three daily servings of dairy foods, like milk, cheese or yogurt in those 9 years and older contribute to healthy eating styles and well-being.<sup>1</sup>

Milk has a unique nutrient package and contains nine essential nutrients important for growth and development.<sup>1,2,3,4</sup>

Healthy eating patterns that include low-fat or fat-free dairy foods are linked to reduced risk of cardiovascular disease, type 2 diabetes and lower blood pressure among adults.<sup>1</sup> Dairy foods also are linked to better bone health, especially in children and adolescents.<sup>1</sup>

## DAIRY SUPPORTS THRIVING COMMUNITIES AND A HEALTHY PLANET

Dairy foods are responsibly produced, nutrient-rich foods that help nourish people, strengthen communities and foster a sustainable future.

The dairy community contributes:

- 2% of greenhouse gases (GHGs) in the U.S. with a voluntary goal to reduce GHGs by 25% by 2020.<sup>5</sup>
- ~3 million jobs and generates \$625 billion for the economy every year in the U.S.<sup>6</sup>
- to the livelihoods of up to 1 billion people worldwide.<sup>7</sup>

## CHILDREN AND ADULTS FALL SHORT ON RECOMMENDED DAIRY SERVINGS AND ESSENTIAL NUTRIENTS

The 2015–2020 Dietary Guidelines for Americans (DGA) recommends three servings of low-fat or fat-free dairy foods daily for those 9 years and older, 2½ cups for those 4–8 years and 2 cups for those 2–3 years.<sup>1</sup>

By age 6, consumption of milk, cheese and yogurt falls below the DGA recommendation, and the trend continues into adulthood (average is less than two daily servings).<sup>8,9</sup>

It can be hard to meet nutrient recommendations—especially calcium, vitamin D and potassium (three nutrients of public health concern)<sup>1</sup>—without eating three daily servings of dairy foods.

**EATING THREE DAILY SERVINGS OF DAIRY FOODS LIKE MILK, CHEESE OR YOGURT CAN HELP PEOPLE CLOSE KEY NUTRIENT GAPS, CONTRIBUTING TO NUTRIENT-RICH, HEALTHY EATING PATTERNS.**<sup>1,10</sup>

These health and wellness organizations support consumption of three daily servings of low-fat or fat-free dairy foods to help build healthy eating patterns as identified by the DGA:<sup>1</sup>



<sup>1</sup>U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans, 8th Edition. 2015. <http://health.gov/dietaryguidelines/2015/guidelines/>.

<sup>2</sup>Weaver C. Role of Dairy Beverages in the Diet. *Physiol Behav.* 2010;100(1):63–66. <https://www-clinicalkey-com.ezp2.lib.umn.edu/#/content/playContent/1-s2.0-S0031938410000338?returnurl=null&referrer=null>.

<sup>3</sup>CFR 121.101.9. <https://www.ecfr.gov/cgi-bin/text-idx?SID=10896471be7fb6ff7aae0acfo0081a82&mc=true&node=pt21.2.101&rgn=div5#se21.2.101.19>.

<sup>4</sup>USDA. USDA National Nutrient Database for Standard Reference. Release 28. <http://www.ars.usda.gov/nutrientdata>. Published 2016.

<sup>5</sup>Henderson A, Asselin A, Heller M, et al. U.S. Fluid Milk Comprehensive LCA. University of Michigan & University of Arkansas. 2012.

<sup>6</sup>IDFA. Dairy Delivers, The Economic Impact of Dairy Products in the United States. 2017.

<sup>7</sup>Food and Agriculture Organization of the United Nations. The global dairy sector: Facts. Available at: <http://www.fil-idf.org/wp-content/uploads/2016/12/FAO-Global-Facts-1.pdf>. Published 2016.

<sup>8</sup>ARS, USDA. Food pattern equivalents database (FPED) 2013–2014. What we eat in America, NHANES 2013–2014. [https://www.ars.usda.gov/ARSUserFiles/80400530/pdf/FPED/tables.1-4\\_FPED\\_1314.pdf](https://www.ars.usda.gov/ARSUserFiles/80400530/pdf/FPED/tables.1-4_FPED_1314.pdf).

<sup>9</sup>National Dairy Council. NHANES 2011–2014. Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Human Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services. <http://www.cdc.gov/nchs/nhanes.htm>.

<sup>10</sup>Rice BH, Quann EE, Miller GD. Meeting and Exceeding Dairy Recommendations: Effects of Dairy Consumption on Nutrient Intakes and Risk of Chronic Disease. *Nutr Rev.* 2013;71(4):209–223. doi:10.1111/nure.12007.