

# 4 WAYS NEW DIETARY GUIDELINES SUPPORT DAIRY

The U.S. Departments of Agriculture (USDA) and Health and Human Services (HHS) recently released the 2020-2025 Dietary Guidelines for Americans (DGA), the cornerstone of official guidance on dietary recommendations for federal food assistance programs, such as those followed in our nation's schools.

National Dairy Council (NDC), the nutrition research and education arm of the dairy checkoff, plays an important role in maintaining dairy's place in the Dietary Guidelines. **On behalf of dairy farmers, NDC funds hundreds of research studies** on topics including dairy and type 2 diabetes, cardiovascular disease, whole milk dairy foods, inflammation, protein, digestive health, sustainable food systems, child nutrition, bone health and more. NDC staff also participate in the DGA public process - they submit written comments and oral testimony to USDA and HHS that summarizes the scientific evidence on dairy's role in healthy diets.

## DAIRY REMAINS ITS OWN FOOD GROUP

The Dietary Guidelines continue to classify dairy as its own food group in the three recommended dietary patterns for Americans over the age of 2. The dairy group includes low fat and fat free milk, cheese and yogurt as well as lactose-free versions and fortified soy beverage and soy yogurt— but no other plant-based alternatives.

## THREE SERVINGS STILL RECOMMENDED

The Dietary Guidelines continue to recommend 3 servings of dairy foods in the Healthy U.S.-Style and Healthy Vegetarian Dietary Patterns for those 9 years and older, 2.5 servings for those 3 to 8 years of age, 2 servings for those 2 years of age, 1.5 to 2 servings for toddlers 12 to 23 months who no longer consume human milk and small amounts of yogurt and cheese for infants 6 to 12 months, depending on developmental readiness.

## NEW GUIDELINES FOR BIRTH-23 MONTHS

For the first time, healthy dietary patterns are provided for toddlers ages 12 to 23 months who no longer consume human milk or infant formula. These recommended patterns include 1.5 to 2 servings of dairy foods per day for toddlers 12 to 23 months. Dairy foods recommended for toddlers include whole milk, reduced fat plain yogurt and reduced fat cheese. Yogurt and cheese as complementary foods for infants starting at around 6 months of age.

## NO CHANGE TO SATURATED FAT RECOMMENDATIONS

While low fat and fat free dairy continue to be the recommendation for people to choose most often, the Dietary Guidelines did not recommend a reduction in saturated fat, keeping it at 10% of total daily calories. This leaves some flexibility for fuller fat dairy, which is important given the checkoff's continued investment in science on dairy nutrition at all fat levels. In fact, NDC has funded 70 studies in this area since 2002.