

The Power of **3** Daily Servings of Dairy Foods

Dairy foods have been recommended in science-based nutrition guidance for 40+ years. That's because milk, cheese and yogurt offer so many nutrients and health benefits. The recommended 3 servings of dairy foods per day help support nutrition security and optimal wellness across cultures and generations.



Dairy food options provide **affordable, accessible and culturally acceptable** choices to meet a spectrum of needs.

3 SERVINGS Support Nutrition Security for All

People can meet the recommendation for 3 daily servings of dairy foods for under two dollars a day.* Dairy milk — including lactose-free dairy milk — provides 13 essential nutrients in one reliable, affordable package.¹ Lactose-free dairy milk and lower lactose, fermented dairy foods, like nutrient-rich yogurt, kefir and cheese offer culturally acceptable choices.

Protein
Calcium
Phosphorus
Potassium

Zinc
Selenium
Iodine
Vitamin A
Vitamin D

Vitamin B2
Vitamin B3
Vitamin B5
Vitamin B12



DYK? Lactose-free dairy milk is real milk just without the lactose. It provides the same **13 essential nutrients** as regular milk.

3 SERVINGS Deliver Unparalleled Nutrition

Dairy foods' unique package of nutrients is difficult to duplicate with other food groups or plant-based alternatives. With the exception of calcium and vitamins A and D, non-dairy drinks typically don't come close to matching the nutrition found in dairy milk.²



Dairy foods help support **healthy brains, bones and bodies** throughout the life span.

3 SERVINGS Help Fuel a Lifetime of Healthy Living

From nourishing childhood to healthy aging, meeting the daily dairy food recommendation, as a part of a healthy diet, benefits health and wellness. Evidence suggests consumption of dairy foods fuels growth and development in childhood and adolescence and may reduce the risk of diet-related chronic diseases like cardiovascular disease, stroke and type 2 diabetes among adults.³⁻⁸

Learn more about dairy foods' nutrition, science-backed benefits and more at [USDairy.com](https://usdairy.com).

Three servings of dairy foods for generational health are supported by:



References:

1. 13 Ways Milk Can Help Your Body. National Dairy Council. Available at: https://www.usdairy.com/getmedia/7e31a25d-4da2-4967-82fc-9e51ee7e5326/ndc_milk_handout_2024.pdf 2. National Dairy Council. What's in your glass? USDairy.com. January 2024. <https://www.usdairy.com/news-articles/whats-in-your-glass> 3. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary guidelines for Americans, 2020-2025. 9th Edition. Available at: <https://www.dietaryguidelines.gov> 4. U.S. Department of Agriculture. Scientific Report of the 2020 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Agriculture and the Secretary of Health and Human Services. Available at: <https://doi.org/10.52570/DGAC2020> 5. AAP. Recommended Drinks for Children Age 5 & Younger. <https://www.healthychildren.org/English/healthy-living/nutrition/Pages/recommended-drinks-for-young-children-ages-0-5.aspx> 6. Kang K, Sotunde OF, Weiler HA. Effects of Milk and Milk-Product Consumption on Growth among Children and Adolescents Aged 6-18 Years: A Meta-Analysis of Randomized Controlled Trials. *Adv Nutr.* 2019 Mar 1;10(2):250-261. doi: 10.1093/advances/nmy081 7. Bhavadhanini B, et al. Association of dairy consumption with metabolic syndrome, hypertension and diabetes in 147,812 individuals from 21 countries. *BMJ Open Diabetes Res Care.* 2020 Apr;8(1):e000826. doi: 10.1136/bmjdc-2019-000826 8. Chen Z, Ahmed M, Ha V, et al. Dairy Product Consumption and Cardiovascular Health: A Systematic Review and Meta-analysis of Prospective Cohort Studies. *Adv Nutr.* 2022;13(2):439-454. doi:10.1093/advances/nmab118.

*Based on U.S. average price of 1% lactose-free dairy milk, unflavored, half-gallon; U.S. average price per pound of natural, private label cheese divided into 1.5-ounce serving sizes & U.S. average price of private label dairy yogurt sold in tubs [Source: Circana Group, L.P. Multi-outlets and convenience stores. 52-week period ending Dec 1, 2024.]