

DAIRY

NOURISHES LIFE

Helping People Thrive Throughout the Lifespan



Dairy foods, like milk, cheese and yogurt, play a foundational role in the Dietary Approaches to Stop Hypertension (DASH) diet and the *Dietary Guidelines for Americans'* Healthy Vegetarian, Healthy Mediterranean-Style and Healthy U.S.-Style eating patterns. From their [unique nutrient package](#), to research linking dairy foods to improved [bone health](#) - especially in children and adolescents - and to reduced risk of [cardiovascular disease](#), [type 2 diabetes](#) and lower [blood pressure](#) in adults, dairy foods help people thrive.

Dairy: Did You Know?

1

Milk Delivers a Unique Nutrient Package. Milk's nine essential nutrients can be difficult to replace. Did you know it takes 17 cups of raw kale to get the same amount of calcium in 3 cups of milk? But it's not just about the calcium. See how protein, vitamin D and B vitamins [stack up](#).

2

Milk's Nutrient Profile is Tough to Match. Encourage people to read the nutrition facts label on milk and milk alternatives to better understand what is in their pour. These [flash cards](#) provide an at-a-glance look at the nutrition and ingredient profiles of milk and a variety of milk alternatives.

3

Dairy Foods Play an Important Role in Diets of Expectant Moms, Infants and Children. The 2020 Dietary Guidelines Advisory Committee's Scientific Report includes historic recommendations for expectant moms and children from birth to 24 months. Yogurt and cheese were recognized as complementary feeding options for infants 6-12 months. And food patterns for toddlers 12-24 months include 1.5 to 2 daily servings of dairy foods (e.g., whole milk, yogurt, reduced-fat cheese). These recommendations align with American Academy of Pediatrics' guidance represented in this [Guide to Feeding Your Baby for the First Two Years](#). The Committee also notes milk and yogurt are good sources of iodine, a potential nutrient of public health concern for pregnant women, as iodine needs increase by more than 50 percent during pregnancy and prenatal iodine deficiency may lead to irreversible neurocognitive defects and lower childhood IQ.

4

Dairy foods are [affordable](#), [nutrient-rich](#) contributions to the diets of children and adults. It only costs about \$0.20* for one serving of nutrient-rich, low-fat milk. (*Based on U.S. average gallon milk price. Source: IRI Multi Outlet + Conv. 2020, YTD through 10/04/20.)

5

Farmers Care for Their Cows and the Environment.

Every day dairy farmers strive to leave the planet in better condition for the next generation. Check out our [website](#) to learn more about their commitment to the environment. To learn more join our [virtual field trip](#) and video on the commitment to ensure milk is free of [antibiotics](#).

6

Dairy is Linked to Reduced Risk of Inflammation.

Not only are dairy foods, including milk, yogurt and cheese, filled with essential nutrients our bodies need, but they also may help reduce inflammation. Learn more [here](#).

Looking for more information on how dairy nourishes people while responsibly caring for our planet and animals?

[Join the Dairy Nourishes Network.](#) Members of the network receive the latest dairy research, resources and recipes, as well as opportunities for free continuing education.

Dairy Nourishes

— NETWORK —



Learn more on our website at [USDairy.com](https://www.usdairy.com)