

# 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 that other food groups don't. The recommended 3 servings of dairy foods are vital to supporting 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.<sup>1</sup> 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.<sup>2</sup>



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 benefits health and wellness. Decades of peer-reviewed science links consumption of dairy foods to growth and development in childhood and adolescence and reduced risk of diet-related chronic diseases like cardiovascular disease, stroke and type 2 diabetes among adults.<sup>3-5</sup>

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. USDA MyPlate Dairy Group – One of the Five Food Groups. Available at: <https://www.myplate.gov/eat-healthy/dairy> 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. Godos J, Teri M, Ghelfi F, Titta L, Marventano S, Lafranconi A, et al. Dairy foods and health: an umbrella review of observational studies. *Int J Food Sci Nutr*. 2020;71(2):138-51. 5. Feng Y, Zhao Y, Liu J, Huang Z, Yang X, Qin P, et al. Consumption of Dairy Products and the Risk of Overweight or Obesity, Hypertension, and Type 2 Diabetes Mellitus: A Dose-Response Meta-Analysis and Systematic Review of Cohort Studies. *Adv Nutr*. 2022;13(6):2165-79.

\*Based on U.S. average price of unflavored, private label milk, 1 gal. [Source: IRI Multi Outlet + Conv 2020, YTD ending 10-4-20] and U.S. average price per pound divided into 2-ounce serving sizes of private label cheese processed cheese & U.S. average price of all private label dairy yogurt sold in tubs [Source: IRI Multi Outlet + Conv 2020, YTD ending 12-27-20]