

Dairy

Dairy products are power-packed with 9 essential nutrients:

- Calcium
- Potassium
- Riboflavin
- Vitamin D
- Vitamin A
- Niacin
- Protein
- Vitamin B12
- Phosphorus



What is the daily recommendation for dairy products?

Three servings per day of fat-free (skim) or low-fat (1%) dairy are recommended.

What is low-fat dairy?

Milk or products made from fat-free (skim) or low-fat (1%) milk.

What is a serving of dairy?

- 8 ounces (oz; 1 cup) of milk or yogurt
- 1½ oz. of natural cheese, 2 oz. of processed cheese, or ½ cup of cottage cheese
- 1 cup of pudding made with fat-free (skim) or low-fat (1%) milk



Why are dairy products important for a healthy diet?

- 3 cups of milk per day can improve bone health and may reduce the risk of osteoporosis.

- Intake of dairy products (including milk) is associated with a reduced risk of cardiovascular disease and Type 2 diabetes, and will lower blood pressure in adults.
- Diets rich in potassium may help to maintain healthy blood pressure. Milk and soymilk (soy beverage), provide potassium.
- Vitamin D-fortified milk and soymilk (soy beverage) help maintain proper levels of calcium and phosphorous. This helps to build and maintain bones and aids weight loss.
- Low-fat or fat-free forms of dairy products provide little or no solid dietary fat.



Do you have trouble digesting dairy?

Lactose is the natural sugar found in milk. Some people have difficulty digesting lactose, a condition called lactose intolerance. Even with lactose intolerance, many people can drink 1-2 cups of milk each day. Try these tips:



- Drink small amounts of milk while eating food.
- Yogurt, cheese, or cottage cheese may be easier to digest.
- Try lactose-reduced or lactose-free dairy products.
- Use fortified soy, almond, or rice milk. Choose fortified products that have 30% of the Daily Value (DV) of calcium.
- Talk with your health care team about taking lactase enzymes before you eat or drink dairy products to help digest lactose.

