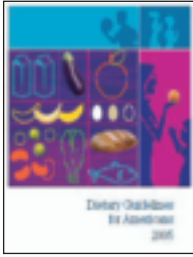


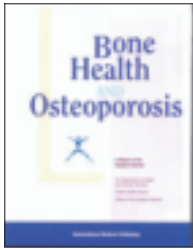
RECOMMENDATIONS FOR 3 DAILY SERVINGS OF LOW-FAT OR FAT-FREE DAIRY



Dietary Guidelines for Americans 2005

The 2005 Dietary Guidelines conclude consuming 3 servings of low-fat or fat-free milk or milk products each day can reduce the risk of low bone mass and contribute important amounts of many nutrients, which may reduce the risk of osteoporosis. In addition, the guidelines state, “adults and children should not avoid milk and milk products because of concerns that these foods lead to weight gain.”

Dietary Guidelines for Americans 2005. U.S. Department of Health and Human Services, U.S. Department of Agriculture. www.healthierus.gov/dietaryguidelines.



Surgeon General

The Office of the Surgeon General Report, “Bone Health and Osteoporosis” outlines approaches to promote bone health with recommendations for diet, physical activity, and other lifestyle practices. The report points out that “most Americans do not consume recommended levels of calcium, but reaching these levels is a feasible goal. In fact, approximately three 8-ounce glasses of milk each day, combined with the calcium from the rest of a normal diet, is enough to meet the recommended daily requirements for most adults.”

U.S. Department of Health and Human Services. *Bone Health and Osteoporosis: A Report of the Surgeon General*. Rockville, MD: U.S. Department of Health and Human Services, Office of the Surgeon General, pp. 57. 2004.



American Academy of Pediatrics

The American Academy of Pediatrics Statement, “Optimizing Bone Health and Calcium Intakes of Infants, Children, and Adolescents,” encourages eating calcium-rich low-fat dairy foods during childhood and adolescence to help build strong bones and reduce the risk of osteoporosis later in life. “Parents can encourage their kids to make healthful food choices by including three servings of low-fat dairy foods in their own diet every day.” The report also recommends that physicians make it a priority to assess calcium adequacy in children, beginning at 2 to 3 years of age.

American Academy of Pediatrics, *Optimizing bone health and calcium intakes of infants, children, and adolescents*. *Pediatrics*. 2006; 117 (2):578-585.



National Medical Association

A consensus report of the National Medical Association concluded that African Americans should consume 3 to 4 servings per day of low-fat milk, cheese and/or yogurt. This was based on a review of the scientific evidence on the value of calcium and other dairy nutrients on associated health benefits from dairy consumption.

Wooten W. and Price W. Consensus report of the National Medical Association: The role of dairy and dairy nutrients in the diet of African Americans. *Journal of National Medical Association*. 2004; 96(12):1S-28S.



American Heart Association

The American Heart Association’s 2006 Diet and Lifestyle Recommendations encourages Americans to adopt an overall healthy lifestyle, including a low-fat diet that emphasizes low-fat and fat-free dairy, fruits and vegetables and whole grains. Specifically, the recommendations call for Americans to follow eating patterns such as the Dietary Approach to Stop Hypertension (DASH), which includes 2-3 daily servings of low-fat or fat-free milk or milk products.

American Heart Association: *Diet and Lifestyle Recommendations Revision 2006: A Scientific Statement From the American Heart Association Nutrition Committee*. *Circulation*, June 2006; 2: 82-96.