

# The Dairy Download

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## Breaking News and Research

### Self-Perceived Lactose Intolerance May Lead to Dairy Avoidance and Low Calcium Intake



A recent study in *The American Journal of Clinical Nutrition* found that people who believe they are lactose intolerant tend to steer clear of dairy foods, have lower calcium intakes and may be more likely to have diabetes and high blood pressure.

See what Greg Miller, Ph.D., M.A.C.N., Executive Vice President of National Dairy Council, has to say about the important implications of this study in [The Dairy Report](#) and access our [Lactose Intolerance Health Education Kit](#) to learn how to incorporate dairy foods without experiencing symptoms of intolerance.

Want to learn more? Join us for a lactose intolerance [educational session](#) at the [American Academy of Family Physicians Scientific Assembly](#), September 14-17 in Orlando, FL.

### Dairy Consumption During Adolescence Associated with Lower Risk of Type 2 Diabetes

New research delivers even more reason to start healthy habits early. According to a recently published [study](#), higher intakes of dairy (both full-fat and low-fat) during adolescence were associated with a 38 percent lower risk of type 2 diabetes by middle age in women. Further, those who continued to consume dairy throughout adulthood had an even lower risk of type 2 diabetes.

Visit [The Dairy Report](#) for more insights on dairy and type 2 diabetes from Judy Jarvis, M.S., R.D., Director of Nutrition and Scientific Affairs for the National Dairy Council (NDC).

## Dairy Resources

### Education = True Link between Nutrition and Health: New Cheese Education Materials Available



Cheese is a high-quality food, containing important nutrients, that has been, and continues to be, part of a healthy eating plan. Despite the fact that cheese contributes only 8 percent of the sodium to the U.S. diet, the Innovation Center for U.S. Dairy® has spearheaded an industry best practices task force of more than 18 cheese companies working to address public health, as well as people's needs and lifestyles. Cheese makers continue to lead process control and product innovations as part of the solution to help lower sodium — while maintaining expectations for food safety and taste.

National Dairy Council and the Innovation Center for U.S. Dairy are thrilled to bring two new resources to health and nutrition professionals to help in public education on the [role of cheese in a healthy eating plan](#). The [first resource](#) is an extensive backgrounder for health professionals and thought leaders on cheese and nutrition and the [second resource](#) is for use with patients and the public.

## Fuel Up to Play 60

### Top Chef Carla Hall and Saint Louis Rams Quarterback Sam Bradford Inspire Student Ambassadors



From July 14-16, Fuel Up to Play 60 Student Ambassadors and State Representatives cultivated their leadership skills at this year's Fuel Up to Play 60 Student Ambassador Leadership Summit at the Newseum in Washington, D.C. Saint Louis Rams Quarterback Sam Bradford led the Ambassadors in a NFL-inspired fitness activity, and Carla Hall of "Bravo's *Top Chef*" conducted a healthy cooking demonstration to further prepare students to advocate for positive nutrition and fitness changes in their schools.

To learn more, visit [FuelUpToPlay60.com](#) or the [FUTP 60 Facebook page](#) for photos and real-time updates from the Summit.

### Students Finish Summer Challenge Strong, Gear up for Back-to-Football Challenge



This summer, students across the country participated in the Fuel Up to Play 60 "Summer Theme Song Challenge" by submitting their own, unique Fuel Up to Play 60 theme songs or dances. Check out all of the great submissions and finalists at [SchoolTube.com](#). The winner will be featured on [FuelUpToPlay60.com](#) and [NFL Rush](#), and will host a NFL player visit at their school during a Fuel Up To Play 60 kickoff event!

And just in time to kick off the 2011-2012 school year the Fuel Up to Play 60 way, a Back-to-School, Back-to-Football Challenge will begin on August 22. Students will be asked to create their own commercial showing how they are preparing for another year of Fuel Up to Play 60 for a chance to win a Super Bowl prize package. Stay tuned and visit [FuelUpToPlay60.com](#) for more information.

## More from NDC

### Dairy Council Digest Wins 2011 APEX Award for Publication Excellence



For the ninth consecutive year, the *Dairy Council Digest* has been honored with the [APEX](#) award for publication excellence. *Dairy Council Digest* is a bimonthly publication that provides a comprehensive review of research on topics ranging from dairy food safety to dairy's role in new dietary recommendations and healthful snacking. Access [archived](#) issues on [NationalDairyCouncil.org](#).

### The Dairy Report Turns Two



This summer marks the two-year anniversary of [The Dairy Report!](#) The blog was started as a way to share the latest news, nutrition and health research and events with other health professionals. Since then, more than 309 posts have been shared on a variety of topics including the new [USDA MyPlate icon](#) and our [June Dairy Month Blogger Carnival](#).

We know that health professionals are important resources for accurate health and nutrition information and will continue our commitment to providing timely, credible information about dairy and nutrition research, as well as educational tools.

### NDC Addresses Childhood Obesity at School Nutrition Association's Annual Nutrition Conference



The National Dairy Council hosted over 100 participants at the "Working Collaboratively to Address Childhood Obesity" session during the School Nutrition Association's (SNA) Annual Nutrition Conference. Attendees learned how organizations are working together to fight childhood obesity. [Fuel Up To Play 60](#) was showcased as one example of this type of collaboration. Attendees who visited the National Dairy Council booth also learned about getting involved with Fuel Up to Play 60, as well as how to incorporate healthy eating strategies into their daily routines. Visit the SNA Conference [website](#) for a list of all presentations and handouts.

## Upcoming Engagements

### Join Us at the American Dietetic Association's Food and Nutrition Conference & Expo (FNCE)



Will you be in San Diego for [FNCE](#)? Be sure to attend the following sessions:

- [Dairy Innovations: Solutions to Achieve the 2010 Dietary Guidelines for Americans](#) (Sunday September 25, 8:00 – 9:30 a.m.)
- [Making a Difference: Utilizing Evaluation Results to Mobilize Efforts to Curb Childhood Obesity](#) (Sunday September 25, 3:30 – 5:00 p.m.)
- [New Directions in Lactose Intolerance: Moving from Science to Solutions](#) (Monday September 26, 3:30 – 5:00 p.m.)

Also, stop by our booth 714 in the expo hall, where we'll be sharing educational tools and the latest news on Fuel Up to Play 60.

### Visit NDC at the American Academy of Family Physicians Scientific Assembly



We will also be hosting the following two educational sessions at the [American Academy of Family Physicians Scientific Assembly](#) on September 14 – 17 in Orlando, Fla. Please check them out and swing by our booth if you will be attending:

- [Understanding the Unintended Consequences of Dairy Avoidance for Patients with Lactose Intolerance](#) (Thursday September 15, 11:45 am – 12:15 pm)
- [Making a Difference: Utilizing Evaluation Results to Mobilize Efforts to Curb Childhood Obesity](#) (Friday, September 16, 12:30 – 1:00 pm)

For a full schedule of upcoming engagements, visit [NationalDairyCouncil.org](#).