

The Dairy Download

In This Issue:

Raise Your (Milk) Glass to National Diabetes Month

What Calcium Intake May Tell Us about the Diet Quality of Teen Girls and Women

ADA's FNCE Draws Crowd of Thousands with Nutrition News and Innovations

The Lowdown on Lactose Intolerance

The American College of Sports Medicine Conference on Physical Activity, Cognitive Function and Academic Achievement

Connect



Blog

the dairy report

Visit Our Websites:



Breaking News and Research

Raise Your (Milk) Glass to National Diabetes Month



The statistics on diabetes are staggering: every 17 seconds, someone is diagnosed. But in recognition of American Diabetes Month this November, raise your milk glass to toast the benefits that low-fat and fat-free milk and milk products may have on lowering risk of type 2 diabetes. In fact, a new [study](#) adding to this body of research found that low-fat and fat-free dairy foods

were connected with lower risk of type 2 diabetes in postmenopausal women. The 2010 Dietary Guidelines for Americans also state that there is evidence to show that milk is associated with reduced risk of type 2 diabetes. Read more about dairy's role in [diabetes risk](#) and find out how you can take part in [American Diabetes Month](#).

Visit [NDC's website](#) for more information about nutrient-rich foods and the 2010 Dietary Guidelines for Americans. Also, download our [30 Days of Dairy Tip Sheet](#) for countless ways to enjoy dairy foods every day!

What Calcium Intake May Tell Us about the Diet Quality of Teen Girls and Women



Chances are, if you're not getting enough calcium, you're likely missing out on other key nutrients too. Creighton University's Osteoporosis Research Center recently looked at food journals of healthy females 14-86 years old from six calcium and bone studies, and found that 62 percent with low calcium intake (defined as intake less than two-thirds of daily recommendation) had a poor-quality diet overall. Read more at [Nutrition Today](#).

Want to receive more updates on the latest dairy science? [Subscribe](#) to *Dairy Research Insights*, the Dairy Research Institute's monthly e-newsletter.

More from NDC

ADA's FNCE Draws Crowd of Thousands with Nutrition News and Innovations



During the American Dietetic Association's (ADA) [Food & Nutrition Conference & Exposition \(FNCE\)](#), NDC met with thousands of dietetics professionals to introduce them to new Lactaid yogurt, low-fat and low-sodium string cheese, reformulated milk, yogurt and cheese at the NDC booth, as well as to discuss highlights and how attendees can get involved in Fuel Up to Play 60.

Sessions of interest included:

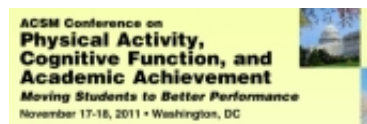
- "Dairy Innovations: Solutions to Achieve the 2010 Dietary Guidelines for Americans" taught ADA members how the dairy industry is leading dairy innovations to help consumers meet the 2010 Dietary Guidelines for Americans. See the [session handout](#) for more information.
- "New Directions in Lactose Intolerance: Moving from Science to Solutions" discussed the latest research and provided strategies that dietitians can use to better counsel clients with lactose intolerance. Check out the [handout](#) or view our [Lactose Intolerance Toolkit](#) for the latest information and resources.
- "Making a Difference: Utilizing Evaluation Results to Mobilize Efforts to Curb Childhood Obesity" showcased Fuel Up to Play 60's evaluation results. Additionally, dietitians learned that they can get involved with local schools to help improve their healthy eating and physical activity. View the [handout](#) or visit www.FuelUpToPlay60.com for additional information.

The Lowdown on Lactose Intolerance



On October 18, National Dairy Council sponsored a webinar on lactose intolerance and solutions for various ethnic groups. Jeanette Newton Keith, MD, and Cecilia Pozo Fileti, MS, RD, president of Latino Health Communications, led the discussion on lactose intolerance management and strategies for the different groups. Don't worry if you missed it – you can still check out the [webinar](#) or go to NDC.org for the latest lactose intolerance information and resources.

The American College of Sports Medicine Conference on Physical Activity, Cognitive Function and Academic Achievement



NDC is joining the American College of Sports Medicine (ACSM) to showcase the important connection between physical activity and academic achievement. ACSM's Conference on Physical Activity, Cognitive Function and Academic Achievement on November 17-18 in Washington, D.C., will provide a unique opportunity to network with national experts in the field, participate in a town hall discussion, and learn how to implement programming that will impact today's and tomorrow's students. Visit the [conference site](#) for more details.

For a full schedule of upcoming engagements, visit NationalDairyCouncil.org.

Brought to you by the NATIONAL DAIRY COUNCIL

Need information for a story or interested in speaking with a [nutrition expert](#)?
Looking for [local dairy council](#) contacts?
Have ideas you'd like us to consider? We welcome your feedback!

This email was sent by the National Dairy Council®
10255 W Higgins Road, Suite 900
Rosemont, IL, 60018, USA

©2011 National Dairy Council © Fuel Up is a service mark of National Dairy Council. 2011 NFL Properties LLC. All NFL-related trademarks of the National Football League.



[Subscribe](#)
[Forward this Newsletter](#)
[Unsubscribe](#)