

Role of Dairy Foods in the Dietary Guidelines

This review provides evidence that milk and milk products play a critical role in eating patterns designed to provide an adequate amount of nutrients based on the 2005 Dietary Guidelines for Americans. The review also highlights the role of milk and milk products in helping to reduce the risk of some chronic diseases, including osteoporosis, insulin resistance syndrome, coronary heart disease, and high blood pressure. It summarizes new findings in dairy and nutrition research areas that were of importance during the 2005 Dietary Guidelines Advisory Committee's review.

“Maximizing intake of nutrient-rich foods such as dairy, fruits, vegetables, and whole grains within calorie needs, along with improving healthy lifestyles, should be a priority consideration for future dietary guidelines.”



Huth, PJ, Fulgoni VL, DiRienzo DB, and Miller GD, *Nutrition Today*, 43(6): 226-234, 2008

Highlights:

The 2005 Dietary Guidelines identified “nutrients of concern” that are typically low in the American diet. “Dairy foods contribute significant amounts of four of the seven and three of the five nutrients of concern for adults and children respectively, including calcium, potassium, magnesium, and vitamin A.”

Nutrient intake data indicate that the 2005 Dietary Guidelines for Americans recommendation of three servings a day from the milk group is the minimum amount necessary to ensure adequate intakes of calcium for all Americans older than nine years. Four servings per day may be necessary to ensure adequate intakes of magnesium and potassium.

There is strong and consistent evidence that diets containing adequate levels of calcium and vitamin D are protective against low bone mass and osteoporosis. Additional data are needed on the role of dairy foods in fracture prevention.

“Emerging, albeit limited evidence suggests that calcium, vitamin D, and milk product intake may help protect against the insulin resistance syndrome (IRS) and its components.”

Results of observational studies in children, young adults, and mature adults consistently suggest an inverse association between dairy food consumption and blood pressure or risk of hypertension. The Dietary Approaches to Stop Hypertension (DASH) clinical trials have demonstrated the potential effects of dairy consumption on blood pressure.



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