



















Improve Diet Quality with 3-A-Day™ of Dairy

Dairy Packs a Nutrient Punch⁶

Nutrient	Amount of nutrients found in 3 cups milk as (percent Daily Value*)	Approximate amount of non-dairy food source to get the same nutrient level
Calcium	 = 90% DV =	 21 cups chopped broccoli
Potassium	 = 33% DV =	 3 small bananas
Magnesium	 = 24% DV =	 3 cups raw spinach
Vitamin A	 = 30% DV =	 6 baby carrots
Phosphorus	 = 60% DV =	 3 cups cooked kidney beans
Protein	 = 48% DV =	 2½ ounces chopped chicken breast
Vitamin D	 = 75% DV =	 3½ ounces cooked salmon
Vitamin B12	 = 39% DV =	 3 ounces cooked rainbow trout
Riboflavin	 = 72% DV =	 1 cup almonds

New Recommendation for Increasing Dairy

The 2005 Dietary Guidelines for Americans and Food Guidance System (MyPyramid) recommend increasing daily intakes of fruits and vegetables, whole grains, and fat free or lowfat milk and milk products.¹

The Guidelines identify seven nutrients low in the diets of adults and five for children. Dairy foods, such as milk, cheese, and yogurt supply four of these seven nutrients for adults: calcium, potassium, magnesium, vitamin A. Similarly, dairy foods provide three of the five nutrients low in the diets of children: calcium, magnesium, potassium.¹

Dairy foods provide 73% of the calcium in the nation's food supply² and milk is the top source of potassium in the U.S. diet.³

Relationship Between Dairy Intake and Health

Dairy food consumption has been associated with overall diet quality and nutrient adequacy. Consuming 3 servings per day of milk and milk products can reduce the risk of developing bone disease and fractures, problems that are increasing in the U.S.⁴ This amount of milk product consumption may have additional health benefits and is not associated with increased body weight. Therefore, intake of three cups of milk or milk products per day is recommended.¹

If requiring milk alternatives to address lactose intolerance, the most reliable and easiest way to derive the health benefits associated with dairy is to choose within the dairy food group, such as lactose-free milk, aged cheeses or yogurt.^{1,5}

Visit nationaldairycouncil.org for information on clinical research, tips and dairy facts.

Sources:

¹ Dietary Guidelines for Americans, 2005 (6th Edition). www.healthierus.gov/dietaryguidelines.

² Gerrior, S. and L. Bente. Nutrient Content of the U.S. Food Supply, 1909–2000; A Summary Report. Home Economics Research Report No. 56 U.S. Department of Agriculture, CNPP, 2004.

³ National Dairy Council, unpublished data based on Continuing Survey of Food Intakes by Individuals (CSFII) 1994–1996, 1998 and National Health and Nutrition Examination Survey (NHANES), 1999–2000.

⁴ 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, 2004.

⁵ Wooten, W. and W. Price. *Consensus Report of the National Medical Association: The Role of Dairy and Dairy Nutrients in the Diet of African Americans*. Journal of the National Medical Association, supplement to December 2004, Volume 96, No. 12.

⁶ U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory. 2004. USDA National Nutrient Database for Standard Reference, Release 17.

*Based on rounded values as found on Nutrition Facts Label according to FDA.

