



Value of Dairy Nutrition Endorsed

Every five years, the Dietary Guidelines Advisory Committee's Scientific Report updates their guidelines for public health professionals to help individuals consume a healthy and nutritionally adequate diet. With the new guidelines recently released, dairy's importance was repeatedly restated. Highlights include:

- Recommends three dairy serves per day in the Healthy U.S. eating pattern.
- Acknowledges milk as a nutrient-rich beverage that positively contributes to under-consumed nutrients including potassium, calcium, phosphorus, magnesium, and vitamins A and D.
- Low-fat and nonfat dairy foods are viewed as nutrient-dense building blocks.
- Yogurt and cheese are identified as options for infants ages 6 to 12 months. The report also recommends 1.5 to 2 daily servings of dairy foods for toddlers 12 to 24 months.
- Maintained dairy as its own group, which is especially important as plant-based beverages attempt to use dairy terms to mislead consumers.

People can make public comments on the report through August 13. An explanation of how to do this is available at www.nmpf.org.

