



















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

## Dairy Packs a Nutrient Punch<sup>3</sup>

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
<b>Calcium</b>	 = 90% DV =	 21 cups chopped broccoli
<b>Potassium</b>	 = 33% DV =	 3 small bananas
<b>Magnesium</b>	 = 24% DV =	 3 cups raw spinach
<b>Vitamin A</b>	 = 30% DV =	 6 baby carrots
<b>Phosphorus</b>	 = 60% DV =	 3 cups cooked kidney beans
<b>Protein</b>	 = 48% DV =	 2½ ounces chopped chicken breast
<b>Vitamin D</b>	 = 75% DV =	 3½ ounces cooked salmon
<b>Vitamin B12</b>	 = 39% DV =	 3 ounces cooked rainbow trout
<b>Riboflavin</b>	 = 72% DV =	 1 cup almonds

## New Recommendation for Increasing Dairy

The 2005 Dietary Guidelines for Americans recommends increasing daily intakes of fruits and vegetables, whole grains, and nonfat or low-fat milk and milk products.<sup>1</sup>

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.<sup>1</sup>

Dairy foods provide 73% of the calcium in the nation's food supply<sup>2</sup> and milk is the top source of potassium in the U.S. diet.<sup>1</sup>

## Dietary Guidelines: 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.<sup>4</sup> 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.<sup>1</sup>

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.<sup>1,5</sup>

Visit [nationaldairycouncil.org](http://nationaldairycouncil.org) for information on clinical research, tips and dairy facts.

### Sources:

<sup>1</sup> 2005 Dietary Guidelines for Americans, [www.usda.gov/cnpp](http://www.usda.gov/cnpp).

<sup>2</sup> 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.

<sup>3</sup> U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory. 2004. USDA National Nutrient Database for Standard Reference, Release 17.

<sup>4</sup> 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.

<sup>5</sup> 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.

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

