

Dairy Can Fuel You Throughout Your Life

Women face unique nutritional challenges, but dairy foods offer a systems supercharge, plus key nutrients to power bones, muscles & weight.



Pregnant & Breastfeeding

Women who are pregnant or breastfeeding need higher amounts of some nutrients that dairy foods provide, including **vitamin B12, iodine and choline** because these nutrients are critical for fetal development and brain growth.^{1,2}



A Growing Family

Three servings a day of dairy foods support **growth, energy, and focus** for both kids and adults. Plus, dollar for dollar, dairy foods like milk, cheese and yogurt are some of the most **affordable** sources of key nutrients.³



Middle Age

Dairy is linked to a **reduced risk of hypertension and type 2 diabetes**.⁴⁻⁶ Plus, fermented dairy foods may provide probiotic cultures that support a **healthy gut microbiome**.^{7,8}



Active Aging

Dairy foods provide calcium, vitamin D, zinc, phosphorus and magnesium to **support bone health & help prevent muscle loss**.⁹⁻¹³

LEARN MORE AT
usdairy.com/dairy-nutrition



Recommended Daily Servings of Dairy



**KIDS AGED
2-3**

2 servings daily



**KIDS AGED
4-8**

2 ½ servings daily



**ADULTS & CHILDREN
AGED 9+**

3 servings daily



What's a Serving of Dairy?†



1 cup milk
or yogurt,
including
lactose-free
options



1½
ounces
cheese



½ cup
cottage
cheese

Dairy Throughout the Day

BREAKFAST



Cereal with
fruit & 2%
or lactose-free
milk

LUNCH



Grilled cheese
sandwich
with fruit or
veggies

DINNER



Spiced
yogurt-
marinated
chicken

SNACKS



Cottage
cheese
with fruit



1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition, December 2020. 2. The National Academies of Science Engineering and Medicine. Dietary reference intakes: The essential guide to nutrient requirements, 2006. 3. Cornerford, et al. Executive summary: The role of dairy food intake for improving health among Black Americans across the life continuum. Journal of the National Medical Association, Volume 116, Issue 2, Part 2, April 2024, Pages 211-218. 4. Drouin-Charrier et al. Adv Nutr. 2016;7(6):1026-1040. 5. Bhavadharini et al. BMJ Open Diabetes Res Care. 2020 Apr;8(1):e000826. 6. Delghani et al. The Lancet. 2018;392(10181):P2288-2297. 7. Savolano D, Hulkins R. Nutrition Reviews. 2020;78(5):599-614. 8. Burgos et al. Journal of Functional Foods. 2020;72(5). 9. Wallace et al. Crit Rev Food Sci Nutr. 2021;61(21):3661-3707. 10. NDC. Science Summary: Bone Health. 2021. 11. Cuesta-Triana et al. Adv in Nutr. 2019;10(5):S105-S119. 12. Hanach et al. Adv in Nutr. 2019;10(1):59-69. 13. Geng T, Qi L, Huang T. Mol Nutr Food Res. 2018;62(1)

† Source: U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition, December 2020. Available at DietaryGuidelines.gov.