



# Dairy's Role in Women's Wellness

A GUIDE FOR HEALTHCARE PROFESSIONALS

Dairy foods offer a systems supercharge that can **power women throughout their lives**



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Idaho  
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# Know The Facts

Women face unique nutritional challenges, but by adopting simple habits, a healthier future is within reach.

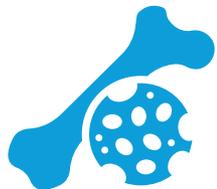


of US Adults are  
**OVERWEIGHT  
OR OBESE**

Women have a **HIGHER RATE OF SEVERE OBESITY** than men



**HEART DISEASE** Kills  
**MORE WOMEN**  
THAN MEN



**80%** of Americans with  
**OSTEOPOROSIS** are **WOMEN**

# Dairy is a Nutritional Powerhouse

Dairy foods, like milk, cheese and yogurt, are packed with essential nutrients and offer something for almost everyone's wellness and taste.



## CALCIUM & VITAMIN D

help build and maintain strong bones and teeth

## VITAMIN A

helps support healthy immune cells and keeps skin and eyes healthy

## PROTEIN

helps build and repair muscle, and provides energy and satiety

## B VITAMINS

like B12, riboflavin, and niacin help the body convert food into fuel

## ZINC

is important for normal immune function

# Dairy Delivers Significant Benefits for Women



## Cardiometabolic Health<sup>1-3</sup>

- ✓ Linked to reduced risk of hypertension and type 2 diabetes
- ✓ Linked with neutral to lower risk of CVD



## Bone Health<sup>4,5</sup>

- ✓ Dairy foods provide more bone-building nutrients than any other food, including protein, calcium and zinc
- ✓ Linked to reduced fracture risk

## Digestive Health<sup>6,7</sup>

- ✓ Fermented dairy foods may provide probiotic cultures that support a healthy gut microbiome
- ✓ Lactose-free dairy milk and lower-lactose fermented dairy food options like yogurt, kefir and cheese are available for those with lactose intolerance



## Muscular Health, Weight & Body Composition<sup>8-10</sup>

- ✓ High-quality protein and essential amino acids
- ✓ Supports muscle gains and helps prevent muscle loss
- ✓ Contributes to improved body composition and satiety



1. Drouin-Chartier et al. Adv Nutr. 2016;7(6):1026-1040 2. Bhavadharini et al. BMJ Open Diabetes Res Care. 2020 Apr;8(1):e000826 3. Dehghan et al. The Lancet. 2018;392(10161):P2288-2297 4. Wallace et al. Crit Rev Food Sci Nutr. 2021;61(21):3661-3707 5. NDC, Science Summary: Bone Health. 2021. 6. Savaiano D, Hutkins R. Nutrition Reviews. 2020;79(5):599-614 7. Burgos et al. Journal of Functional Foods. 2020;72(3) 8. Cuesta-Triana et al. Adv in Nutr. 2019;10(S2):S105-S119 9. Hanach et al. Adv in Nutr. 2019;10(1):59-69 10. Geng T, Qi L, Huang T. Mol Nutr Food Res. 2018;62(1)



## Expectant & Breastfeeding Women

Pregnant and breastfeeding women need higher amounts of **vitamin B12**, **iodine** and **choline** because these nutrients are critical for fetal development and brain growth.<sup>11,12</sup>

## Recommended Daily Servings of Dairy



**ADULTS & CHILDREN AGED 9+**



3 servings daily

## Moms & Families

- ✓ Dairy is a nutrition powerhouse that provides essential nutrients for child development
- ✓ Three servings a day of dairy foods support growth, energy, and focus—for both kids and adults
- ✓ Dollar for dollar, dairy foods like milk, cheese and yogurt are some of the most affordable sources of key nutrients<sup>13</sup>



**KIDS AGED 4-8**



2 ½ servings daily



**KIDS AGED 2-3**



2 servings daily



## What's a Serving of Dairy?†



1 cup milk or yogurt, including lactose-free options



1½ ounces cheese



½ cup cottage cheese

<sup>11</sup> U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition, December 2020. <sup>12</sup> The National Academies of Science Engineering and Medicine. Dietary reference intakes: The essential guide to nutrient requirements. 2006. <sup>13</sup> Comerford, 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.

† 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](https://www.DietaryGuidelines.gov).



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\*Quantities are limited. E-cards are restricted to one (1) per PulseConnect member email or physical address, require a fully complete survey, a valid email address, and are provided digitally. Please allow 3-4 weeks for processing. See terms and conditions on PulseConnect.me.