

Dairy's Triple Value

Dairy foods are important contributors of many nutrients in the U.S. diet that are important for good health. Few other foods deliver these nutrients in such an affordable, appealing and readily available way. It is difficult for most people to meet nutrient recommendations without consuming at least three daily servings of dairy foods.¹⁻³



Choose low-fat and
fat-free dairy options first

Nutrient contributions⁴

- Calcium
- Protein
- Potassium
- Phosphorus
- Magnesium
- Vitamin A
- Vitamin D
- Vitamin B₁₂
- Riboflavin
- Niacin

(Niacin equivalents)

Low cost⁵ About 25¢ per serving



Healthcare savings⁶

Potential Savings over 5 years with
3-4 Daily Servings of Dairy Foods

\$70B 40% reduction in
Hypertension

\$37.5B 25% reduction in
Type 2 Diabetes

\$16.5B 10% reduction in
Coronary Heart Disease

\$14B 20% reduction in
Osteoporosis

¹Nicklas et al. J Am Coll Nutr 2009

²Huth et al. Nutr Today 2008

³2010 Dietary Guidelines for Americans

⁴Dairy Research Institute®. NHANES (2003-2006)

⁵Drewnowski A. Am J Clin Nutr. 2010

⁶McCarron DA, Heaney RP. Am J Hypertension. 2004