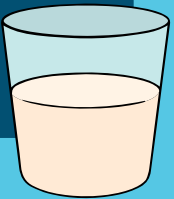


The Power of Dairy for Men's Health

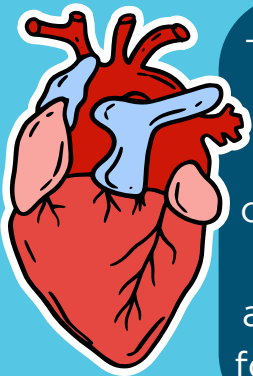
Eating 3 servings of dairy, which contains both fat and protein, can boost hormone production, like testosterone (2).



Each 8-ounce glass of low-fat milk contains 8 grams of natural high-quality protein to help you get more out of your workout, build lean muscle, & maintain a healthy weight (2-4).



The current body of evidence indicates dairy foods, regardless of fat content, contribute beneficial nutrients to the diet and are not associated with increased risk for Cardiovascular Disease (1).



Dairy is a good source of protein. Some snacks include:

- Sliced Cheese & Crackers
- Cottage Cheese, Yogurt, or Milk in a Fruit Smoothie
- Chocolate Milk



References:

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4. Pourabbas, et al. (2021). Strategic Ingestion of High-Protein Dairy Milk during a Resistance Training Program Increases Lean Mass, Strength, and Power in Trained Young Males. *Nutrients*, 13(3), 948. doi.org/10.3390/nu13030948



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