PA FOUNDATION

REAL CALIFORNIA MILK

NUTRITION GUIDANCE:

DAIRY FOODS FOR YOUR GROWING FAMILY

PROFESSIONALLY REVIEWED BY **MATTHEW WRIGHT, PA-C, RD**

Supporting your growing family with proper nutrition doesn't have to be complicated. It helps to understand how nutritional needs change as we age. When it comes to dairy foods, the 2020-2025 Dietary Guidelines for Americans recognize the role for dairy foods across all phases of family life, which means it's good to educate yourself about the role of dairy in a healthy family eating plan.

DAIRY FOODS ACROSS LIFE STAGES[1]

Pregnant and Breastfeeding Women

Dairy foods are an excellent source of vitamin B12 and a good source of iodine to support a healthy pregnancy. Plus, the choline in dairy (8% of the Daily Value per serving) can help replenish maternal stores and support baby's development.

Infants (6-11 months)

Introduction of baby's first nutrient-dense foods, including yogurt and cheese, can complement human milk or infant formula. Cow's milk as a beverage should be reserved until 12 months of age.

Toddlers (12-23 months)

Whole milk and other dairy foods are important sources of essential nutrients for growth and development.

Pre-schoolers (2-5 years)

Health and nutrition experts suggest water and milk as beverages of choice for this age group.[2] Milk provides high-quality protein and is preferred over plant-based beverages, which have a wide variability in nutrient content across products.[3]

Grade Schoolers (6-12 years)

Dairy foods provide nutrients that build bone mass and support the immune system. In addition, regular consumption at this age can build healthy habits to last a lifetime.

Teenagers (13-18 years)

Find more bone-beneficial nutrients per calorie within dairy foods than any other food group–especially important as dairy provides an excellent source of calcium and vitamin D for adolescents who will achieve near peak bone mass by the end of puberty.

Adults (19-59 years)

As young adults, we can maximize peak bone mass with key nutrients found in dairy. As we age, healthy eating patterns that include low-fat or fat-free dairy foods are associated with reduced risk for several chronic diseases, including cardiovascular disease and type 2 diabetes.[3]

Adults (60+)

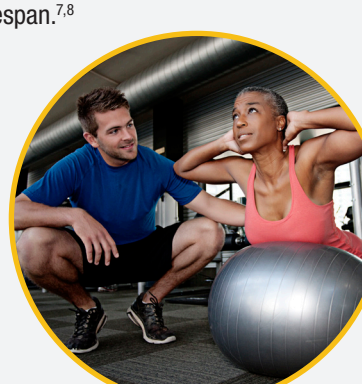
High-quality protein and nutrients in dairy help maintain bone and muscle strength and minimize risk of related changes such as osteoporosis and sarcopenia that can occur with age.[3]

SUPPORT FOR **KIDS ON THE MOVE**[4,5]

All types of milk (i.e., chocolate, plain, whole, low-fat, etc.) play the role of the "Original Sports Drink," with 13 essential nutrients that support the 3 R's of fitness recovery: refueling, repairing and rehydrating. The carbohydrates and protein in milk provide the fuel kids need to give it their all. Nutrients in milk help maintain strong bones and muscles. And natural fluids and electrolytes in milk help replenish fluids and nutrients lost through perspiration.

ACTIVE ADULTS: KEEP IT GOING WITH DAIRY

Kids aren't the only ones who need to keep moving! Adults who also play hard should maximize nutrition with dairy foods to help prevent injuries by maintaining bone mass, bone strength and minimizing fracture risk.[6] In addition, consumption of dairy has been linked with reduced chronic inflammation across the lifespan.[7,8]



SPOTLIGHT ON 13 ESSENTIAL NUTRIENTS

Essential Nutrients Per 8-Ounce Serving of Real Milk	% of the Recommended Daily Value
Protein	16%
Calcium	25%
Potassium	10%
Vitamin D	15%
Vitamin B12	50%
Vitamin A	15%
Riboflavin	30%
Phosphorous	20%
Niacin	15%
Zinc	10%
Iodine	60%
Selenium	10%
Pantothenic Acid	20%

MAKING EVERY BITE AND SIP COUNT

Nutrition experts suggest one of the best ways to manage weight and attain a healthful dietary pattern is to maximize the benefits from every calorie consumed — including both food and beverages. **Milk provides 13-essential nutrients to support health for the whole family — and dairy foods like cheese and yogurt also provide high-quality protein, calcium, vitamin A, B vitamins and more.** Given the wide variety of dairy choices available, beneficial opportunities exist for a wide range of dietary preferences and practices.

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SENSITIVE TO DAIRY?

Some people have a difficult time digesting the naturally-occurring lactose found in milk. However, rather than avoiding dairy altogether, try real low- and no-lactose dairy products, hard cheeses and yogurts with live and active cultures, since they are often better tolerated by people who may need to or choose to avoid lactose.

DAILY DAIRY SERVING RECOMMENDATIONS[1]

Toddlers	12–23 months	1 ⅔–2 cups
Children	2–3 years	2 cups
	4–8 years	2 ½ cups
	9–13 years	3 cups
Teenagers	14–18 years	3 cups
Adults	19+	3 cups

BEYOND MILK — COUNTS AS 1 SERVING OF DAIRY

- **Yogurt** – 1 cup
- **Kefir** – 1 cup
- **Lactose-Free Milk** – 1 cup
- **Cottage Cheese** – 2 cups
- **Hard/Natural Cheese (Cheddar, Mozzarella, Swiss)** – 1 ½ ounces
- **Shredded Cheese** – ⅓ cup
- **Pudding (made with milk)** – 1 cup

Visit realcaliforniamilk.com/healthandwellness

for recipes and family-friendly wellness resources on the nutritional benefits of dairy.

Real California dairy products are made with milk produced by California's dairy farm families using the nation's leading sustainability practices.
Sponsored by the California Milk Advisory Board, an instrumentality of the California Department of Food and Agriculture.

1 National Dairy Council: Dairy Foods That Help People Across the Lifespan. https://www.usdairy.com/getmedia/a815254c-ec80-447e-a3be-6d45255c691b/dairy-through-the-lifespan-2021.pdf?ext=.pdf. Accessed June 7, 2021.

2 Lott M, Callahan E, Welker Duffy E, et al. Healthy beverage consumption in early childhood: recommendations from key national health and nutrition organizations. Healthy Eating Research website. September 2019. Accessed at https://healthyeatingresearch.org/research/consensus-statement-healthy-beverage-consumption-in-early-childhood-recommendations-from-key-national-health-and-nutrition-organizations/.

3 U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Accessed at https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf.

4 Milk: Nature's Sports Drink. National Dairy Council website. https://www.usdairy.com/news-articles/milk-natures-sports-drink. Updated December 14, 2018. Accessed June 7, 2021.

5 The Original Sports Drink. MilkPEP website. https://gonnaneedmilk.com/why-milk/essential-nutrients/. Accessed June 7, 2021.

6 Science Summary: Dairy and Bone Health. National Dairy Council website. https://www.usdairy.com/getmedia/1db50585-9c11-4c40-acf6-a132ee3802b7/science-summary-bone-health-2021.pdf. Updated 2021. Accessed June 7, 2021.

7 Panagiotakos DB, et al. Dairy products consumption is associated with decreased levels of inflammatory markers related to cardiovascular disease in apparently healthy adults: The ATTICA study. *Journal of the American College of Nutrition.* 2010;29(4):357-364.

8 Labonté MÈ, et al. Dairy product consumption has no impact on biomarkers of inflammation among men and women with low-grade systemic inflammation. *The Journal of Nutrition.* 2014;144(11):1760-1767.

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