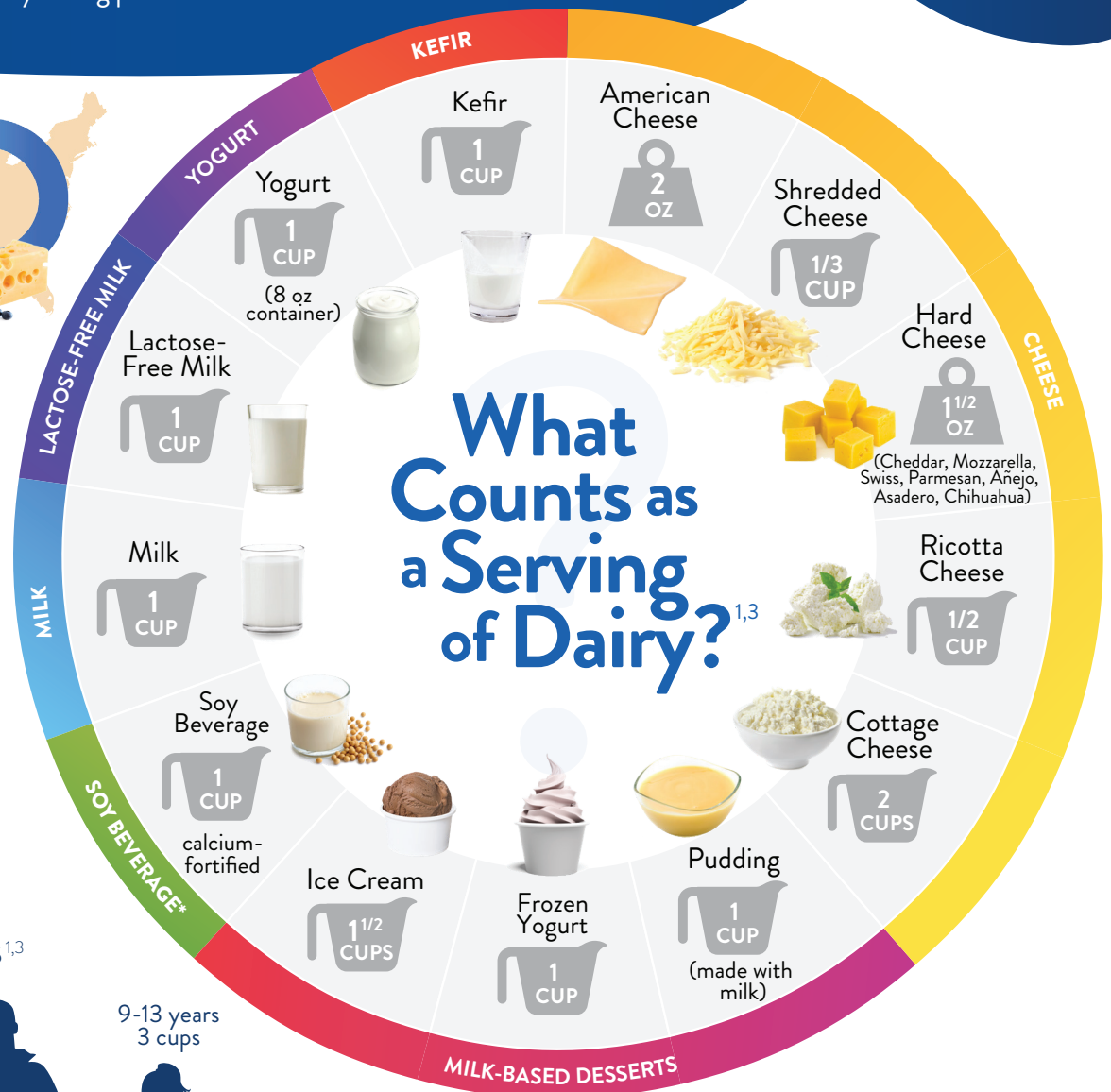


Make Every Bite and Sip Count with Nutrient-Rich Dairy Foods

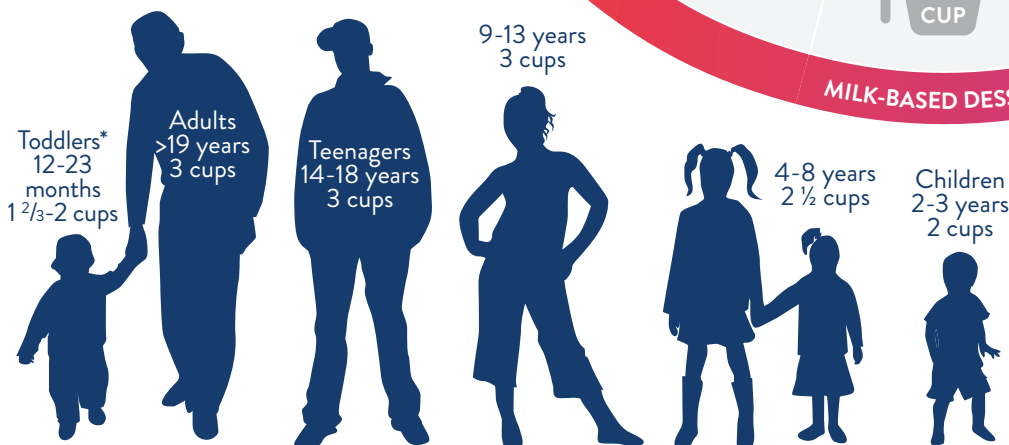
The 2020-2025 Dietary Guidelines for Americans recognizes that dairy foods play an important role in healthy eating patterns.¹

About **90%**

of Americans could benefit from an extra serving of low-fat or fat-free dairy foods each day.¹ Research shows there's also room to allow for fat flexibility. It is possible to stay within saturated fat recommendations while choosing whole milk dairy foods for one of the three servings of dairy foods recommended each day.²



Daily Dairy Food Recommendations^{1,3}



*No longer receiving human milk or infant formula.

**Fortified soy beverages and yogurt are classified within the dairy group because their nutrition content is similar to that of dairy foods. Other plant-based alternatives, such as almond or oat "milks," are not included within the group because their nutrient composition is not equivalent to dairy foods.*

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. Accessed at https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf.

² Hess JM, Cifelli CJ, Fulgoni VL 3rd. Modeling the Impact of Fat Flexibility With Dairy Food Servings in the 2015-2020 Dietary Guidelines for Americans Healthy U.S.-Style Eating Pattern. *Front Nutr.* 2020;7:595880. doi:10.3389/fnut.2020.595880.

³ What foods are included in the Dairy Group. MyPlate.gov. 2020. Accessed at <https://www.myplate.gov/eat-healthy/dairy>.



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