

# Fight Diabetes, Heart Disease and More with Dairy

Why choose dairy? Foods like low-fat milk, cheese and yogurt are an important part of a healthy diet, and studies have shown they may even be related to reducing your risk of certain diseases.



## Dairy has been linked with a lower risk of Type 2 diabetes

Researchers analyzing a variety of studies found that people who ate dairy, especially yogurt, had a 6 percent to 20 percent lower risk of Type 2 diabetes.



## Dairy has been linked with a lower risk of heart disease

Several studies have shown that people who eat dairy, especially low-fat dairy, had a lower risk of both heart disease and stroke.



## Dairy has been linked with a lower risk of osteoporosis

The essential nutrients in dairy, especially calcium and vitamin D, are important for achieving peak bone mass and reducing risk for osteoporosis later in life. Research has linked eating dairy to improved bone health, especially in children and teenagers.

## How does it work?

- **Dairy has nine essential nutrients.** Milk is a simple, three-ingredient food – the only things added are vitamin A and D – that’s naturally packed with tons of important nutrients, including electrolytes and high quality protein.
- **Dairy has the nutrients you’re missing.** It is an important source of calcium, vitamin D and potassium, three of the four nutrients Americans are lacking, according to the Dietary Guidelines for Americans.
- **Dairy’s nutrients help lower blood pressure.** Dairy is rich with a trio of nutrients – calcium, potassium and magnesium – that can help lower blood pressure as a part of the Dietary Approaches to Stop Hypertension diet.

## Dairy is just one part of your daily diet.

Good food fuels good health, and dairy is just one part of that. Make sure you balance things out with fruits, veggies, whole grains and lean proteins along with your three servings of dairy every day.

### How much dairy should I eat?

AGE	DAILY DAIRY SERVINGS
9 and up	Three servings
4-8 years	Two and a half servings
2-3 years	Two servings

### How much is a serving?

MILK	CHEESE	YOGURT
1 cup	1.5 oz.	1 cup
(about the size of a fist)	(about the size of an index finger)	(about the size of a fist)



Sources: Centers for Disease Control and Prevention, National Dairy Council