



## Have a Cow Over These 10 Dairy-Good Health Benefits

Dairy truly does the body good. Check out the top 10 reasons you and your clients should get three servings every day:

### 1. Best Bones

Milk, cheese and yogurt feature the four bone-building super nutrients: calcium, vitamin D, high-quality protein and phosphorous. In fact, milk is America's No. 1 source of calcium and vitamin D. Research has linked dairy intake to improved bone health, especially in children and adolescents.



### 2. Better Digestion

It's no shock that fermented dairy foods promote regularity. Yogurt contains an assortment of probiotics that can help with other digestion issues as well. Add flaxseeds and prunes to your yogurt for softer stool.

### 3. Blood Pressure Control

Milk's trio of potassium, calcium and magnesium aid in better blood pressure. Studies show that three servings of dairy each day may lead to a significant drop in blood pressure, compared to less than half a serving per day.

### 4. Blood Glucose Management

Dairy foods have trans-palmitoleic acid, a compound that can reduce risk of diabetes. Dairy foods also contain high-quality protein – satisfying goodness that can help keep glucose in check.

### 5. Healthy Teeth and Gums

Cheese contains casein and calcium, which help with remineralization of tooth enamel and can counteract tooth decay. As little as 5 grams of cheese can effectively reduce dental caries. Fermented dairy foods with the probiotic *Lactobacillus* also help prevent periodontal disease.

## 6. Muscle Growth

Dairy foods are a great source of high-quality protein. They can stimulate muscle growth, which is crucial for muscle recovery in active individuals as well as maintaining muscle integrity in the elderly.



## 7. Post-Workout Recovery

Need a post-workout snack? A bowl of cereal and milk has been found to be more effective for muscle recovery than a sports drink – or try a simple glass of chocolate milk, which has the ideal protein-to-carbohydrate ratio to aid in the recovery process.

## 8. Essential Element

One of dairy's hidden gems is iodine, an essential element the body needs but can't produce, which makes protein and enzymes that aid in crucial chemical reactions in the body. Yogurt is a great source, and people who eat yogurt tend to have higher levels of iodine.

## 9. Vitamin D-Lightful

Milk is fortified with this essential nutrient that helps with bone building, cell growth and immune function – and even prevents inflammation. Inadequate vitamin D intake may be linked to heart disease, diabetes, multiple sclerosis, high blood pressure, certain types of cancer and depression.

## 10. Sound Sleep

Lack of sleep has been called a public health epidemic, but nutrients in milk can aid in catching those zzzs. Calcium and complex carbohydrates in milk help the brain use the amino acid tryptophan, which helps manufacture melatonin.



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