



# 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% to 20% 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 13 essential nutrients.**  
 Milk is naturally packed with tons of important nutrients, including 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 (DASH Diet).
- Dairy foods support immunity and gut health.**  
 Real dairy is a simple source of immune-boosting nutrients, such as vitamin A, vitamin D, zinc and protein. Additionally, fermented dairy foods like yogurt are linked to health benefits including reduced inflammation, improved digestive health and a healthy immune system.

## 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?

### How much is a serving?

Age	Daily dairy servings	Milk	Cheese	Yogurt
9 and up	3 servings	1 cup (about the size of a fist)	1 ½ ounces (about the size of an index finger)	1 cup (about the size of a fist)
4-8 years	2 ½ servings			
2-3 years	2 servings			

#### Sources:

Centers for Disease Control and Prevention, National Dairy Council

USDA FoodData Central. Mean values calculated from database entries across all fat levels of plain vitamin D-fortified fluid milk in Legacy, Foundation and Survey (FNDDS) data sources.

© 2021 Dairy MAX, Inc. All Rights Reserved.