

DAIRY FOODS: KEY FOR SUPPORTING HEALTH



Dairy foods such as low-fat and fat-free milk, cheese and yogurt are foundational foods in healthy eating patterns outlined by the 2015-2020 Dietary Guidelines for Americans (DGA).¹ Healthy eating patterns are linked to lower risk for chronic diseases that affect millions of Americans, including cardiovascular disease (CVD), high blood pressure and type 2 diabetes (T2D).

There is growing evidence that eating dairy foods is not linked to higher risk for these chronic diseases and may be linked to lower risk. More research is needed on these promising associations.

EATING DAIRY FOODS IS NOT LINKED TO HIGHER RISK FOR KEY CHRONIC DISEASES and in some cases may be linked to lower risk, according to a review of 20+ studies.²

CVD (includes heart attack and stroke)

Total dairy* and cheese consumption is associated with lower risk for stroke (moderate-quality evidence)²

Total dairy, cheese and yogurt consumption is not associated with higher risk for CVD (moderate- to high-quality evidence)²

Total dairy, cheese and yogurt consumption is not associated with higher risk for coronary artery disease (moderate- to high-quality evidence)²

HIGH BLOOD PRESSURE

Total dairy is associated with lower risk for hypertension (high-quality evidence)²

Cheese and yogurt consumption is not associated with higher risk for hypertension (moderate- to high-quality evidence)²

Clinical trials continue to investigate how dairy products, including low-fat dairy products, might contribute to a healthy blood pressure in different populations^{3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13}

T2D


Total dairy, yogurt and cheese consumption is associated with lower risk for T2D (moderate- to high-quality evidence)²


A meta-analysis found eating approximately 3 ounces of yogurt (80 g) per day, compared to none, is associated with lower risk for T2D¹⁵


High blood pressure is a major risk factor for CVD, which includes heart attack and stroke. CVD is the leading cause of death in the U.S.¹⁴

*Dairy foods in the studies are whole, reduced-fat, low-fat and fat-free milk, cheese and yogurt.

AMONG AMERICAN ADULTS,** APPROXIMATELY


~37%
have CVD or are living with the after-effects of stroke¹⁶


34%
have high blood pressure¹⁶


~8%
have diagnosed T2D^{16****}

** American adults ages 20+. **** Diabetes data typically does not distinguish between type 1 and type 2 but 90%–95% of diabetes cases are type 2, so data is more reflective of T2D.

Most Americans are not eating recommended amounts of dairy.^{1,17} Adding one serving of low-fat or fat-free dairy foods each day can help Americans meet recommendations from the 2015-2020 DGA.¹⁸

For more information on dairy foods and their health benefits, visit nationaldairyCouncil.org

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NOURISHES LIFE

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