



..... Love your Heart

DAIRY'S TRIO OF NUTRIENTS

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Low-fat and fat-free milk, cheese and yogurt
boast a *trio of nutrients*.

CALCIUM, POTASSIUM AND MAGNESIUM

Studies show these nutrients have
benefits for your heart, specifically
lowering blood pressure.



What's up with **Potassium**?

Potassium helps our bodies regulate fluid and minerals and is integral in healthy blood pressure.⁵ Did you know one glass of milk has the same amount of potassium as one small banana? Get your three servings of dairy daily to get enough.

Health Professionals Agree:

The **DASH diet** (*Dietary Approach to Stop Hypertension*) and Dietary Guidelines for Americans support getting your three every day of dairy.

The **DASH diet** is rich in the trio of nutrients-eating low-fat and fat free dairy, fruits and vegetables as the DASH diet recommends provides about 2 to 3 times the nutrients most Americans get.^{1, 2, 3, 4}

Consuming a **DASH diet** has been shown to have beneficial effects on blood pressure - in both kids and adults - and is simple to follow and yummy to eat.

1. Appel, LJ et al. Dietary patterns on blood pressure. NEJM (1997);336:1117-1124.

2. Appel LJ et al. A scientific statement from the AHA. Hypertension (2006);47:296-308.

3. What We Eat in America, NHANES 2001-2002; <http://www.ars.usda.gov/foodsurvey>.

4. IOM. Dietary Reference Intakes. 1st ed. National Academy Press (2004).

5. Insel P, et al. Nutrition, 2002 Update. Jones and Bartlett Publishers (2002)



What do the Dietary Guidelines and MyPlate say?

Enjoy 3 servings of low-fat or fat-free milk, cheese or yogurt each day.

Make dairy, fruits, vegetables a part of your plate every day.

