The Power of 3 Daily Servings of Dairy Foods

Dairy foods have been recommended in science-based nutrition guidance for 40+ years. That's because milk, cheese and yogurt offer so many nutrients and health benefits. The recommended 3 servings of dairy foods per day help support nutrition security and optimal wellness across cultures and generations.

KEFIR

YOGURT

Lactose-Free Dairy Milk 59¢ per serving

Dairy food options provide **affordable, accessible and culturally acceptable** choices to meet a spectrum of needs.

3 SERVINGS Support Nutrition Security for All

People can meet the recommendation for 3 daily servings of dairy foods for under two dollars a day.* Dairy milk — including lactose-free dairy milk — provides 13 essential nutrients in one reliable, affordable package.[1] Lactose-free dairy milk and lower lactose, fermented dairy foods, like nutrient-rich yogurt, kefir and cheese offer culturally acceptable choices.

Protein
Calcium
Phosphorus
Potassium

Zinc
Selenium
Iodine
Vitamin A
Vitamin D

Vitamin B2
Vitamin B3
Vitamin B5
Vitamin B12

DYK? Lactose-free dairy milk is real milk just without the lactose. It provides the same **13 essential nutrients** as regular milk.

3 SERVINGS Deliver Unparalleled Nutrition

Dairy foods' unique package of nutrients is difficult to duplicate with other food groups or plant-based alternatives. With the exception of calcium and vitamins A and D, non-dairy drinks typically don't come close to matching the nutrition found in dairy milk.[2]

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Dairy foods help support **healthy brains, bones and bodies** throughout the life span.

3 SERVINGS Help Fuel a Lifetime of Healthy Living

From nourishing childhood to healthy aging, meeting the daily dairy food recommendation, as a part of a healthy diet, benefits health and wellness. Evidence suggests consumption of dairy foods fuels growth and development in childhood and adolescence and may reduce the risk of diet-related chronic diseases like cardiovascular disease, stroke and type 2 diabetes among adults.[3-8]

Learn more about dairy foods' nutrition, science-backed benefits and more at USDairy.com.

Three servings of dairy foods for generational health are supported by:

National Medical Association · NAHN National Association of Hispanic Nurses · Diversify Dietetics · School Nutrition Association · AASA The School Superintendents Association · FRAC Food Research & Action Center · The Root Cause Coalition · GENYOUth Fueling Potential. Empowering Play.

References:

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*Based on U.S. average price of unflavored, private label milk, 1 gal., U.S. average price per pound of natural, private label cheese divided into 1.5-ounce serving sizes & U.S. average price of private label dairy yogurt sold in tubs [Source: Circana Group, LP. Multi Outlet + Conv 2024, 52 week period ending 12-1-24]

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