



Table 1: Average daily servings of dairy foods, Americans, ages 2 years and older

Description	Total Dairy Intake		Total Milk Intake		Total Cheese Intake		Total Yogurt Intake	
	Mean	% Total	Mean	% Total	Mean	% Total	Mean	% Total
All Dairy Foods¹	1.85	100.00	1.00	100.00	0.78	100.00	0.06	100.00
Dairy Foods, as consumed (total)	1.21	65.36	0.76	76.36	0.40	50.93	0.05	84.09
White Milk	0.64	34.61	0.64	64.05				
Milk, whole			0.13	13.27				
Milk, reduced fat			0.25	25.15				
Milk, lowfat			0.12	12.17				
Milk, nonfat			0.13	13.45				
Flavored Milk	0.09	5.10	0.09	9.44				
Flavored milk, whole			0.02	2.17				
Flavored milk, reduced fat			0.05	4.70				
Flavored milk, lowfat			0.02	1.85				
Flavored milk, nonfat			0.01	0.72				
Milk shakes and other dairy drinks	0.01	0.71	0.01	1.14				
Cheese	0.40	21.42			0.40	50.93		
Yogurt	0.05	2.59					0.05	84.09
Yogurt, whole and reduced fat							0.01	9.15
Yogurt, lowfat and nonfat							0.04	74.94
Milk substitutes	0.02	0.94	0.02	1.73				
Food Mixtures (with at least 0.01 cup equivalents)	0.64	34.63	0.24	23.64	0.39	49.07	0.01	15.91

Source: NHANES, 2009-2010, ages 2 years and older with complete, reliable 24-hr recall on Day 1 (n=8,944)

*Cup equivalent servings: 1 cup of milk or yogurt, 1.5 oz natural cheese or 2 oz processed cheese. Values include milk and milk products used in food mixtures (e.g. pizza, smoothies)

¹Milk, unless otherwise specified, refers to whole, reduced-fat, low-fat, non-fat and acidophilus milk, buttermilk, and reconstituted dry milk. Flavored milk includes chocolate and other flavored milks. Milk drinks are milk based drinks with additions, including cocoa based milk drinks, malted milk, and eggnog. Milk substitutes include soy beverages.

Citation: National Dairy Council®. NHANES 2009-2010. Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2009-2010]. [http://www.cdc.gov/nchs/nhanes.htm]

Example messaging:

- In the total US population (2+ y), total dairy intake is composed of 34.6% white milk, 5.1% flavored milk, 21.4% cheese, and 2.6% yogurt (as consumed).
- Food mixtures (defined in Table 2) contribute 34.6% of dairy consumption in the total US population (2+ y).
- In the total US population (2+ y), 50.9% of cheese is consumed alone and 49.1% of the cheese consumed is part of a food mixture.
- Low fat and nonfat yogurt contribute 75% of total yogurt consumption in the total USA population (2+ y).



Table 2: Average daily servings of food mixtures made with dairy products, Americans, ages 2 years and older

Description	Total Dairy Intake		Total Milk Intake		Total Cheese Intake		Total Yogurt Intake	
	Mean	% Total	Mean	% Total	Mean	% Total	Mean	% Total
Food Mixtures (with at least 0.01 cup equivalents)	0.64	34.63	0.24	23.64	0.39	49.07	0.01	15.91
Pizza	0.17	9.19			0.17	21.84		
Ice cream and frozen dairy desserts	0.05	2.66	0.04	4.34			0.01	9.39
Macaroni and cheese	0.04	2.07	0.01	0.83	0.03	3.83		
Coffee	0.04	2.04	0.04	3.78				
Eggs and omelets	0.03	1.56	0.01	1.17	0.02	2.21		
Pasta mixed dishes, excludes macaroni and cheese	0.02	1.22			0.02	2.60		
Candy containing chocolate	0.02	1.18	0.02	2.17				
Burritos and tacos	0.02	0.99			0.02	2.35		
Other Mexican mixed dishes	0.02	0.97			0.02	2.31		
Burgers	0.02	0.94			0.02	2.22		
Mashed potatoes and white potato mixtures	0.02	0.85	0.01	0.81	0.01	0.97		
Dips, gravies, other sauces	0.01	0.75			0.01	1.55		
Poultry mixed dishes	0.01	0.72	0.01	0.53	0.01	1.01		
Oatmeal	0.01	0.69	0.01	1.27				
Soups	0.01	0.68	0.01	0.75				
French fries and other fried white potatoes	0.01	0.53			0.01	1.21		
Egg/breakfast sandwiches	0.01	0.52			0.01	1.10		
Other sandwiches	0.01	0.49			0.01	1.15		
Pudding	0.01	0.48	0.01	0.89				
Meat mixed dishes	0.01	0.46						
Cakes and pies	0.01	0.45	0.01	0.67				
Biscuits, muffins, quick breads	0.01	0.39	0.01	0.68				
Fruit drinks	0.01	0.39						
Nutritional beverages	0.01	0.38						
Turnovers and other grain-based items	0.01	0.37			0.01	0.72		
Doughnuts, sweet rolls, pastries	0.01	0.37	0.01	0.55				
Pancakes, waffles, French toast	0.01	0.35	0.01	0.65				
Not included in a food category	0.01	0.31						
Chicken/turkey sandwiches	0.01	0.29			0.01	0.69		
Vegetable mixed dishes	0.01	0.29						
Nachos	0.01	0.28						
Other foods ¹	0.03	1.77	0.05	4.57	0.03	3.31	0.001	6.51

¹Foods contributing less than 0.01 serving of milk, cheese, or yogurt

Source: NHANES, 2009-2010, ages 2 years and older with complete, reliable 24-hr recall on Day 1 (n=8,944)

*Cup equivalent servings: 1 cup of milk or yogurt, 1.5 oz natural cheese or 2 oz processed cheese. Values include milk and milk products used in food mixtures (e.g. pizza, smoothies)

Citation: National Dairy Council®. NHANES 2009-2010. Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2009-2010]. [http://www.cdc.gov/nchs/nhanes.htm]

Example messaging: Pizza provides 9.2% of dairy food consumption in the total US population (2+ y).



Table 3: Average daily servings of dairy foods, Americans, ages 2-8 years

Description	Total Dairy Intake		Total Milk Intake		Total Cheese Intake		Total Yogurt Intake	
	Mean	% Total	Mean	% Total	Mean	% Total	Mean	% Total
All Dairy Foods¹	2.32	100.00	1.62	100.00	0.60	100.00	0.08	100.00
Dairy Foods, as consumed (total)	1.87	80.52	1.46	89.90	0.33	55.06	0.07	93.38
White Milk	1.08	46.67	1.08	66.70				
Milk, whole			0.29	17.64				
Milk, reduced fat			0.49	30.16				
Milk, lowfat			0.22	13.84				
Milk, nonfat			0.08	5.05				
Flavored Milk	0.35	14.93	0.35	21.34				
Flavored milk, whole			0.10	6.02				
Flavored milk, reduced fat			0.19	11.43				
Flavored milk, lowfat			0.05	3.38				
Flavored milk, nonfat			0.01	0.51				
Milk shakes and other dairy drinks	0.02	0.69	0.01	0.78				
Cheese	0.33	14.33			0.33	55.06		
Yogurt	0.07	3.14					0.07	93.38
Yogurt, whole and reduced fat							0.02	24.46
Yogurt, lowfat and nonfat							0.05	68.92
Milk substitutes	0.02	0.76	0.02	1.08				
Food Mixtures (with at least 0.01 cup equivalents)	0.45	19.48	0.16	10.10	0.27	44.95	0.01	6.62

Source: NHANES, 2009-2010, ages 2-8 years and older with complete, reliable 24-hr recall on Day 1 (n=1,435)

*Cup equivalent servings: 1 cup of milk or yogurt, 1.5 oz natural cheese or 2 oz processed cheese. Values include milk and milk products used in food mixtures (e.g. pizza, smoothies)

¹Milk, unless otherwise specified, refers to whole, reduced-fat, low-fat, non-fat and acidophilus milk, buttermilk, and reconstituted dry milk. Flavored milk includes chocolate and other flavored milks. Milk drinks are milk based drinks with additions, including cocoa based milk drinks, malted milk, and eggnog. Milk substitutes include soy beverages.

Citation: National Dairy Council®. NHANES 2009-2010. Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2009-2010]. [http://www.cdc.gov/nchs/nhanes.htm]

Example messaging:

- In the total US population (2-8 y), total dairy intake is composed of 46.7% white milk, 14.9% flavored milk, 14.3% cheese, and 3.1% yogurt (as consumed).
- Food mixtures (defined in Table 4) contribute 19.5% of dairy consumption in the total US population (2-8 y).
- In the total US population (2-8 y), 55% of cheese is consumed alone and 45% of the cheese consumed is part of a food mixture.



Table 4: Average daily servings of food mixtures made with dairy products, Americans, ages 2-8 years

Description	Total Dairy Intake		Total Milk Intake		Total Cheese Intake		Total Yogurt Intake	
	Mean	% Total	Mean	% Total	Mean	% Total	Mean	% Total
Food Mixtures (with at least 0.01 cup equivalents)	0.45	19.48	0.16	10.10	0.27	44.95	0.01	6.62
Pizza	0.12	5.02			0.12	19.29		
Macaroni and cheese	0.07	3.03	0.02	0.98	0.05	8.92		
Ice cream and frozen dairy desserts	0.04	1.71	0.04	2.19			0.003	4.29
Eggs and omelets	0.02	1.03	0.01	0.69	0.01	2.11		
Candy containing chocolate	0.02	0.70	0.02	0.99				
Pasta mixed dishes, excludes macaroni and cheese	0.02	0.70			0.01	2.32		
Other Mexican mixed dishes	0.02	0.69			0.02	2.64		
Oatmeal	0.01	0.55	0.01	0.78				
Pancakes, waffles, French toast	0.01	0.49	0.01	0.70				
Dips, gravies, other sauces	0.01	0.48			0.01	1.54		
Poultry mixed dishes	0.01	0.41						
Mashed potatoes and white potato mixtures	0.01	0.37						
Pudding	0.01	0.36	0.01	0.51				
Burgers	0.01	0.33			0.01	1.27		
Nutritional beverages	0.01	0.29	0.01	0.32				
Burritos and tacos	0.01	0.29			0.01	1.11		
Doughnuts, sweet rolls, pastries	0.01	0.26						
Turnovers and other grain-based items	0.01	0.24						
Biscuits, muffins, quick breads	0.01	0.24	0.01	0.34				
Nachos	0.01	0.22						
Other foods ¹	0.05	2.08	0.04	2.61	0.03	5.75	0.002	2.34

¹Foods contributing less than 0.01 serving of milk, cheese, or yogurt

Source: NHANES, 2009-2010, ages 2-8 years with complete, reliable 24-hr recall on Day 1 (n=1,435)

*Cup equivalent servings: 1 cup of milk or yogurt, 1.5 oz natural cheese or 2 oz processed cheese. Values include milk and milk products used in food mixtures (e.g. pizza, smoothies)

Citation: National Dairy Council®. NHANES 2009-2010. Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data.

Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2009-2010]. [http://www.cdc.gov/nchs/nhanes.htm]

Example messaging: Pizza provides 5% of dairy food consumption in the total US population (2-8 y).



Table 5: Average daily servings of dairy foods, Americans, ages 2-18 years

Description	Total Dairy Intake		Total Milk Intake		Total Cheese Intake		Total Yogurt Intake	
	Mean	% Total	Mean	% Total	Mean	% Total	Mean	% Total
All Dairy Foods¹	2.26	100.00	1.42	100.00	0.77	100.00	0.05	100.00
Dairy Foods, as consumed (total)	1.63	72.01	1.23	86.43	0.35	45.13	0.05	89.83
White Milk	0.92	40.69	0.92	64.70				
Milk, whole			0.19	13.39				
Milk, reduced fat			0.40	27.89				
Milk, lowfat			0.19	13.36				
Milk, nonfat			0.14	10.06				
Flavored Milk	0.28	12.20	0.28	19.39				
Flavored milk, whole			0.06	3.89				
Flavored milk, reduced fat			0.15	10.76				
Flavored milk, lowfat			0.05	3.69				
Flavored milk, nonfat			0.01	1.05				
Milk shakes and other dairy drinks	0.02	1.08	0.02	1.52				
Cheese	0.35	15.46			0.35	45.13		
Yogurt	0.05	2.07					0.05	89.83
Yogurt, whole and reduced fat							0.01	19.91
Yogurt, lowfat and nonfat							0.04	69.92
Milk substitutes	0.01	0.51	0.01	0.82				
Food Mixtures (with at least 0.01 cup equivalents)	0.63	27.99	0.20	13.57	0.42	54.87	0.006	10.17

Source: NHANES, 2009-2010, ages 2-18 years with complete, reliable 24-hr recall on Day 1 (n=3,124)

*Cup equivalent servings: 1 cup of milk or yogurt, 1.5 oz natural cheese or 2 oz processed cheese. Values include milk and milk products used in food mixtures (e.g. pizza, smoothies)

¹Milk, unless otherwise specified, refers to whole, reduced-fat, low-fat, non-fat and acidophilus milk, buttermilk, and reconstituted dry milk. Flavored milk includes chocolate and other flavored milks. Milk drinks are milk based drinks with additions, including cocoa based milk drinks, malted milk, and eggnog. Milk substitutes include soy beverages.

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Example messaging:

- In the total US population (2-18 y), total dairy intake is composed of 40.7% white milk, 12.2% flavored milk, 15.5% cheese, and 2.1% yogurt (as consumed).
- Food mixtures (defined in Table 6) contribute 28% of dairy consumption in the total US population (2-18 y).
- In the total US population (2-18 y), 45.1% of cheese is consumed alone and 54.9% of the cheese consumed is part of a food mixture.
- Low fat and nonfat yogurt contribute 69.9% of total yogurt consumption in the total USA population (2-18 y).



Table 6: Average daily servings of food mixtures made with dairy products, Americans, ages 2-18 years

Description	Total Dairy Intake		Total Milk Intake		Total Cheese Intake		Total Yogurt Intake	
	Mean	% Total	Mean	% Total	Mean	% Total	Mean	% Total
Food Mixtures (with at least 0.01 cup equivalents)	0.63	27.99	0.20	13.57	0.42	54.87	0.006	10.17
Pizza	0.20	8.92			0.20	26.05		
Macaroni and cheese	0.08	3.60	0.02	1.24	0.06	8.18		
Ice cream and frozen dairy desserts	0.05	2.14	0.04	3.17			0.003	5.26
Pasta mixed dishes, excludes macaroni and cheese	0.03	1.13			0.02	2.96		
Other Mexican mixed dishes	0.02	1.08			0.02	3.14		
Eggs and omelets	0.02	1.01	0.01	0.69	0.01	1.67		
Candy containing chocolate	0.02	0.87	0.02	1.37				
Burritos and tacos	0.02	0.73			0.02	2.11		
Dips, gravies, other sauces	0.02	0.68			0.01	1.76		
Coffee	0.01	0.63	0.01	1.01				
Burgers	0.01	0.53			0.01	1.56		
Mashed potatoes and white potato mixtures	0.01	0.51	0.01	0.57				
Pancakes, waffles, French toast	0.01	0.50	0.01	0.80				
Poultry mixed dishes	0.01	0.44			0.01	0.80		
Meat mixed dishes	0.01	0.35						
Pudding	0.01	0.34	0.01	0.54				
Other sandwiches	0.01	0.34			0.01	0.99		
French fries and other fried white potatoes	0.01	0.33			0.01	0.89		
Oatmeal	0.01	0.31	0.01	0.50				
Nachos	0.01	0.28			0.01	0.68		
Biscuits, muffins, quick breads	0.01	0.28	0.01	0.44				
Turnovers and other grain-based items	0.01	0.26						
Doughnuts, sweet rolls, pastries	0.01	0.26						
Egg/breakfast sandwiches	0.01	0.23						
Cakes and pies	0.01	0.23						
Other foods ¹	0.04	1.99	0.05	3.24	0.03	4.08	0.003	4.91

¹Foods contributing less than 0.01 serving of milk, cheese, or yogurt

Source: NHANES, 2009-2010, ages 2-18 years and older with complete, reliable 24-hr recall on Day 1 (n=3,124)

*Cup equivalent servings: 1 cup of milk or yogurt, 1.5 oz natural cheese or 2 oz processed cheese. Values include milk and milk products used in food mixtures (e.g. pizza, smoothies)

Citation: National Dairy Council®. NHANES 2009-2010. Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data.

Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2009-2010]. [http://www.cdc.gov/nchs/nhanes.htm]

Example messaging: Pizza provides 26.1% of total cheese intake in the total US population (2-18 y).



Table 7: Average daily servings of dairy foods, Americans, ages 19 years and older

Description	Total Dairy Intake		Total Milk Intake		Total Cheese Intake		Total Yogurt Intake	
	Mean	% Total	Mean	% Total	Mean	% Total	Mean	% Total
All Dairy Foods¹	1.72	100.00	0.87	100.00	0.78	100.00	0.06	100.00
Dairy Foods, as consumed (total)	1.08	62.58	0.62	71.10	0.41	52.76	0.05	82.46
White Milk	0.55	32.07	0.55	63.70				
Milk, whole			0.11	13.20				
Milk, reduced fat			0.21	23.72				
Milk, lowfat			0.10	11.55				
Milk, nonfat			0.13	15.23				
Flavored Milk	0.04	2.13	0.04	4.24				
Flavored milk, whole			0.01	1.28				
Flavored milk, reduced fat			0.01	1.54				
Flavored milk, lowfat			0.01	0.88				
Flavored milk, nonfat			0.00	0.54				
Milk shakes and other dairy drinks	0.01	0.55	0.01	0.95				
Cheese	0.41	23.91			0.41	52.76		
Yogurt	0.05	2.80					0.05	82.46
Yogurt, whole and reduced fat							0.00	6.10
Yogurt, lowfat and nonfat							0.04	76.36
Milk substitutes	0.02	1.11	0.02	2.21				
Food Mixtures (with at least 0.01 cup equivalents)	0.65	37.42	0.25	28.90	0.37	47.24	0.01	17.54

Source: NHANES, 2009-2010, ages 19 years and older with complete, reliable 24-hr recall on Day 1 (n=5,820)

*Cup equivalent servings: 1 cup of milk or yogurt, 1.5 oz natural cheese or 2 oz processed cheese. Values include milk and milk products used in food mixtures (e.g. pizza, smoothies)

¹Milk, unless otherwise specified, refers to whole, reduced-fat, low-fat, non-fat and acidophilus milk, buttermilk, and reconstituted dry milk. Flavored milk includes chocolate and other flavored milks. Milk drinks are milk based drinks with additions, including cocoa based milk drinks, malted milk, and eggnog. Milk substitutes include soy beverages.

Citation: National Dairy Council®. NHANES 2009-2010. Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2009-2010]. [http://www.cdc.gov/nchs/nhanes.htm]

Example messaging:

- In the total US population (19+ y), total dairy intake is composed of 32.1% white milk, 2.1% flavored milk, 23.9% cheese, and 2.8% yogurt (as consumed).
- Food mixtures (defined in Table 8) contribute 37.4% of dairy consumption in the total US population (19+ y).
- In the total US population (19+ y), 52.8% of cheese is consumed alone and 47.2% of the cheese consumed is part of a food mixture.
- Low fat and nonfat yogurt contribute 76.4% of total yogurt consumption in the total USA population (19+y).



Table 8: Average daily servings of food mixtures made with dairy products, Americans, ages 19 years and older

Description	Total Dairy Intake		Total Milk Intake		Total Cheese Intake		Total Yogurt Intake	
	Mean	% Total	Mean	% Total	Mean	% Total	Mean	% Total
Food Mixtures (with at least 0.01 cup equivalents)	0.65	37.42	0.25	28.90	0.37	47.24	0.01	17.54
Pizza	0.16	9.30			0.16	20.52		
Ice cream and frozen dairy desserts	0.05	2.87	0.04	4.94			0.01	10.57
Coffee	0.05	2.63	0.05	5.23				
Eggs and omelets	0.03	1.79	0.01	1.41	0.02	2.38		
Macaroni and cheese	0.02	1.43	0.01	0.62	0.02	2.45		
Candy containing chocolate	0.02	1.31	0.02	2.58				
Pasta mixed dishes, excludes macaroni and cheese	0.02	1.26			0.02	2.49		
Burgers	0.02	1.10			0.02	2.43		
Burritos and tacos	0.02	1.10			0.02	2.42		
Mashed potatoes and white potato mixtures	0.02	0.98	0.01	0.94	0.01	1.13		
Other Mexican mixed dishes	0.02	0.93			0.02	2.05		
Soups	0.02	0.90	0.01	1.07	0.01	0.77		
Oatmeal	0.01	0.84	0.01	1.67				
Poultry mixed dishes	0.01	0.84	0.01	0.67	0.01	1.08		
Dips, gravies, other sauces	0.01	0.78			0.01	1.48		
Egg/breakfast sandwiches	0.01	0.64			0.01	1.27		
French fries and other fried white potatoes	0.01	0.61			0.01	1.31		
Other sandwiches	0.01	0.56			0.01	1.20		
Cakes and pies	0.01	0.54	0.01	0.84				
Pudding	0.01	0.54	0.01	1.07				
Meat mixed dishes	0.01	0.50						
Nutritional beverages	0.01	0.47	0.01	0.63				
Fruit drinks	0.01	0.47						
Biscuits, muffins, quick breads	0.01	0.44	0.01	0.81				
Not included in a food category	0.01	0.42						
Turnovers and other grain-based items	0.01	0.42			0.01	0.75		
Doughnuts, sweet rolls, pastries	0.01	0.41	0.01	0.66				
Vegetable mixed dishes	0.01	0.36						
Chicken/turkey sandwiches	0.01	0.35			0.01	0.76		
Pancakes, waffles, French toast	0.01	0.29						
Cream and cream substitutes	0.01	0.29	0.01	0.58				
Other foods ¹	0.04	2.04	0.04	5.18	0.02	2.76	0.004	6.97

¹Foods contributing less than 0.01 serving of milk, cheese, or yogurt

Source: NHANES, 2009-2010, ages 19 years and older with complete, reliable 24-hr recall on Day 1 (n=5,820)

*Cup equivalent servings: 1 cup of milk or yogurt, 1.5 oz natural cheese or 2 oz processed cheese. Values include milk and milk products used in food mixtures (e.g. pizza, smoothies)

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Example messaging: Pizza provides 9.3% of dairy food consumption in the total US population (19+ y).



Table 9: Average daily servings of dairy foods, Americans, ages 9-18 years

Description	Total Dairy Intake		Total Milk Intake		Total Cheese Intake		Total Yogurt Intake	
	Mean	% Total	Mean	% Total	Mean	% Total	Mean	% Total
All Dairy Foods¹	2.21	100.00	1.28	100.00	0.89	100.00	0.03	100.00
Dairy Foods, as consumed (total)	1.46	65.83	1.06	83.38	0.36	40.46	0.03	84.23
White Milk	0.80	36.34	0.80	62.94				
Milk, whole			0.12	9.65				
Milk, reduced fat			0.33	25.89				
Milk, lowfat			0.17	12.93				
Milk, nonfat			0.18	14.47				
Flavored Milk	0.23	10.21	0.23	17.67				
Flavored milk, whole			0.03	2.01				
Flavored milk, reduced fat			0.13	10.16				
Flavored milk, lowfat			0.05	3.97				
Flavored milk, nonfat			0.02	1.53				
Milk shakes and other dairy drinks	0.03	1.37	0.03	2.18				
Cheese	0.36	16.27			0.36	40.46		
Yogurt	0.03	1.30					0.03	84.23
Yogurt, whole and reduced fat							0.00	12.72
Yogurt, lowfat and nonfat							0.02	71.50
Milk substitutes	0.01	0.34	0.01	0.59				
Food Mixtures (with at least 0.01 cup equivalents)	0.76	34.18	0.21	16.62	0.53	59.54	0.005	15.77

Source: NHANES, 2009-2010, ages 9-18 years with complete, reliable 24-hr recall on Day 1 (n=1,689)

*Cup equivalent servings: 1 cup of milk or yogurt, 1.5 oz natural cheese or 2 oz processed cheese. Values include milk and milk products used in food mixtures (e.g. pizza, smoothies)

¹Milk, unless otherwise specified, refers to whole, reduced-fat, low-fat, non-fat and acidophilus milk, buttermilk, and reconstituted dry milk. Flavored milk includes chocolate and other flavored milks. Milk drinks are milk based drinks with additions, including cocoa based milk drinks, malted milk, and eggnog. Milk substitutes include soy beverages.

Citation: National Dairy Council®. NHANES 2009-2010. Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2009-2010]. [http://www.cdc.gov/nchs/nhanes.htm]

Example messaging:

- In the total US population (9-18 y), total dairy intake is composed of 36.3% white milk, 10.2% flavored milk, 16.3% cheese, and 1.3% yogurt (as consumed).
- Food mixtures (defined in Table 10) contribute 34.2% of dairy consumption in the total US population (9-18 y).
- In the total US population (9-18 y), 40.5% of cheese is consumed alone and 59.5% of the cheese consumed is part of a food mixture.
- Low fat and nonfat yogurt contribute 71.5% of total yogurt consumption in the total USA population (9-18 y).



Table 10: Average daily servings of food mixtures made with dairy products, Americans, ages 9-18 years

Description	Total Dairy Intake		Total Milk Intake		Total Cheese Intake		Total Yogurt Intake	
	Mean	% Total	Mean	% Total	Mean	% Total	Mean	% Total
Food Mixtures (with at least 0.01 cup equivalents)	0.76	34.18	0.21	16.62	0.53	59.54	0.005	15.77
Pizza	0.26	11.75			0.26	29.23		
Macaroni and cheese	0.09	4.02	0.02	1.47	0.07	7.83		
Ice cream and frozen dairy desserts	0.05	2.45	0.05	4.04			0.002	6.80
Pasta mixed dishes, excludes macaroni and cheese	0.03	1.44			0.03	3.26		
Other Mexican mixed dishes	0.03	1.36			0.03	3.38		
Burritos and tacos	0.02	1.05			0.02	2.58		
Coffee	0.02	1.03	0.02	1.79				
Candy containing chocolate	0.02	1.00	0.02	1.71				
Eggs and omelets	0.02	0.99	0.01	0.70	0.01	1.47		
Dips, gravies, other sauces	0.02	0.83			0.02	1.87		
Burgers	0.02	0.68			0.02	1.70		
Mashed potatoes and white potato mixtures	0.01	0.62	0.01	0.82				
Meat mixed dishes	0.01	0.53	0.01	0.44	0.01	0.69		
Pancakes, waffles, French toast	0.01	0.51	0.01	0.88				
French fries and other fried white potatoes	0.01	0.49			0.01	1.14		
Other sandwiches	0.01	0.48			0.01	1.20		
Poultry mixed dishes	0.01	0.47			0.01	0.80		
Pudding	0.01	0.33	0.01	0.57				
Nachos	0.01	0.32			0.01	0.69		
Biscuits, muffins, quick breads	0.01	0.31	0.01	0.53				
Egg/breakfast sandwiches	0.01	0.29			0.01	0.61		
Cakes and pies	0.01	0.28	0.01	0.46				
Turnovers and other grain-based items	0.01	0.28			0.01	0.59		
Fruit drinks	0.01	0.27						
Doughnuts, sweet rolls, pastries	0.01	0.26						
Tortilla, corn, other chips	0.01	0.26						
Chicken/turkey sandwiches	0.01	0.25			0.01	0.62		
Soups	0.01	0.23						
Other foods ¹	0.03	1.38	0.04	3.22	0.02	1.90	0.003	8.97

¹Foods contributing less than 0.01 serving of milk, cheese, or yogurt

Source: NHANES, 2009-2010, ages 9-18 years with complete, reliable 24-hr recall on Day 1 (n=1,689)

*Cup equivalent servings: 1 cup of milk or yogurt, 1.5 oz natural cheese or 2 oz processed cheese. Values include milk and milk products used in food mixtures (e.g. pizza, smoothies)

Citation: National Dairy Council®. NHANES 2009-2010. Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2009-2010]. [http://www.cdc.gov/nchs/nhanes.htm]

Example messaging: Pizza provides 11.8% of dairy food consumption in the total US population (9-18 y).



Table 11: Average daily servings of dairy foods, Americans, ages 19-50 years

Description	Total Dairy Intake		Total Milk Intake		Total Cheese Intake		Total Yogurt Intake	
	Mean	% Total	Mean	% Total	Mean	% Total	Mean	% Total
All Dairy Foods¹	1.83	100.00	0.86	100.00	0.90	100.00	0.06	100.00
Dairy Foods, as consumed (total)	1.11	60.65	0.61	70.91	0.46	50.50	0.05	82.33
White Milk	0.55	29.96	0.55	64.06				
Milk, whole			0.13	15.00				
Milk, reduced fat			0.21	24.52				
Milk, lowfat			0.10	12.14				
Milk, nonfat			0.11	12.41				
Flavored Milk	0.03	1.76	0.03	3.76				
Flavored milk, whole			0.01	1.49				
Flavored milk, reduced fat			0.01	1.39				
Flavored milk, lowfat			0.01	0.79				
Flavored milk, nonfat			0.00	0.08				
Milk shakes and other dairy drinks	0.01	0.52	0.01	0.95				
Cheese	0.46	24.90			0.46	50.50		
Yogurt	0.05	2.51					0.05	82.33
Yogurt, whole and reduced fat							0.00	7.16
Yogurt, lowfat and nonfat							0.04	75.17
Milk substitutes	0.02	1.00	0.02	2.14				
Food Mixtures (with at least 0.01 cup equivalents)	0.72	39.35	0.25	29.09	0.44	49.50	0.01	17.68

Source: NHANES, 2009-2010, ages 19-50 years with complete, reliable 24-hr recall on Day 1 (n=3,123)

*Cup equivalent servings: 1 cup of milk or yogurt, 1.5 oz natural cheese or 2 oz processed cheese. Values include milk and milk products used in food mixtures (e.g. pizza, smoothies)

¹Milk, unless otherwise specified, refers to whole, reduced-fat, low-fat, non-fat and acidophilus milk, buttermilk, and reconstituted dry milk. Flavored milk includes chocolate and other flavored milks. Milk drinks are milk based drinks with additions, including cocoa based milk drinks, malted milk, and eggnog. Milk substitutes include soy beverages.

Citation: National Dairy Council®. NHANES 2009-2010. Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2009-2010]. [http://www.cdc.gov/nchs/nhanes.htm]

Example messaging:

- In the total US population (19-50 y), total dairy intake is composed of 30% white milk, 1.8% flavored milk, 24.9% cheese, and 2.5% yogurt (as consumed).
- Food mixtures (defined in Table 12) contribute 39.4% of dairy consumption in the total US population (19-50 y).
- In the total US population (19-50 y), 50% of cheese is consumed alone and 50% of the cheese consumed is part of a food mixture.
- Low fat and nonfat yogurt contribute 75.2% of total yogurt consumption in the total USA population (19-50 y).



Table 12: Average daily servings of food mixtures made with dairy products, Americans, ages 19-50 years

Description	Total Dairy Intake		Total Milk Intake		Total Cheese Intake		Total Yogurt Intake	
	Mean	% Total	Mean	% Total	Mean	% Total	Mean	% Total
Food Mixtures (with at least 0.01 cup equivalents)	0.72	39.35	0.25	29.09	0.44	49.50	0.01	17.68
Pizza	0.20	10.90			0.20	22.10		
Coffee	0.05	2.79	0.05	5.97				
Ice cream and frozen desserts	0.04	2.34	0.04	4.24			0.01	11.09
Eggs and omelets	0.04	2.01	0.01	1.65	0.02	2.51		
Macaroni and cheese	0.03	1.62	0.01	0.77	0.02	2.54		
Burgers	0.03	1.45			0.03	2.93		
Candy containing chocolate	0.02	1.30	0.02	2.76				
Burritos and tacos	0.02	1.26			0.02	2.56		
Pasta mixed dishes, excludes macaroni and cheese	0.02	1.16			0.02	2.09		
Other Mexican mixed dishes	0.02	0.99			0.02	2.01		
Poultry mixed dishes	0.02	0.99	0.01	0.81	0.01	1.22		
Mashed potatoes and white potato mixtures	0.02	0.96	0.01	0.95	0.01	1.05		
Dips, gravies, other sauces	0.01	0.80			0.01	1.34		
French fries and other fried white potatoes	0.01	0.77			0.01	1.52		
Soups	0.01	0.76	0.01	1.14				
Egg/breakfast sandwiches	0.01	0.74			0.01	1.38		
Other sandwiches	0.01	0.65			0.01	1.29		
Oatmeal	0.01	0.63	0.01	1.35				
Turnovers and other grain-based items	0.01	0.53			0.01	0.87		
Cakes and pies	0.01	0.53	0.01	0.82				
Meat mixed dishes	0.01	0.48						
Chicken/turkey sandwiches	0.01	0.45			0.01	0.89		
Fruit drinks	0.01	0.44	0.01	0.62				
Nutritional beverages	0.01	0.42						
Not included in a food category	0.01	0.39	0.01	0.64				
Nachos	0.01	0.39			0.01	0.71		
Doughnuts, sweet rolls, pastries	0.01	0.38	0.01	0.62				
Biscuits, muffins, quick breads	0.01	0.35	0.01	0.65				
Pudding	0.01	0.33	0.01	0.69				
Pancakes, waffles, French toast	0.01	0.30	0.01	0.63				
Vegetable mixed dishes	0.01	0.28						
Other foods ¹	0.04	1.99	0.04	4.76	0.02	2.48	0.004	6.59

¹Foods contributing less than 0.01 serving of milk, cheese, or yogurt

Source: NHANES, 2009-2010, ages 19-50 years with complete, reliable 24-hr recall on Day 1 (n=3,123)

*Cup equivalent servings: 1 cup of milk or yogurt, 1.5 oz natural cheese or 2 oz processed cheese. Values include milk and milk products used in food mixtures (e.g. pizza, smoothies)

Citation: National Dairy Council®. NHANES 2009-2010. Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2009-2010]. [http://www.cdc.gov/nchs/nhanes.htm]

Example messaging: Pizza provides 10.9% of dairy food consumption in the total US population (19-50 y).



Table 13: Average daily servings of dairy foods, Americans, ages 51 years and older

Description	Total Dairy Intake		Total Milk Intake		Total Cheese Intake		Total Yogurt Intake	
	Mean	% Total	Mean	% Total	Mean	% Total	Mean	% Total
All Dairy Foods¹	1.56	100.00	0.88	100.00	0.61	100.00	0.06	100.00
Dairy Foods, as consumed (total)	1.03	65.80	0.63	71.36	0.35	57.56	0.05	82.63
White Milk	0.56	35.58	0.56	63.20				
Milk, whole			0.09	10.71				
Milk, reduced fat			0.20	22.62				
Milk, lowfat			0.09	10.74				
Milk, nonfat			0.17	19.13				
Flavored Milk	0.04	2.76	0.04	4.91				
Flavored milk, whole			0.01	0.98				
Flavored milk, reduced fat			0.02	1.74				
Flavored milk, lowfat			0.01	1.01				
Flavored milk, nonfat			0.01	1.17				
Milk shakes and other dairy drinks	0.01	0.61	0.01	0.94				
Cheese	0.35	22.26			0.35	57.56		
Yogurt	0.05	3.29					0.05	82.63
Yogurt, whole and reduced fat							0.00	4.75
Yogurt, lowfat and nonfat							0.05	77.88
Milk substitutes	0.02	1.30	0.02	2.30				
Food Mixtures (with at least 0.01 cup equivalents)	0.53	34.19	0.25	28.64	0.25	42.43	0.01	17.37

Source: NHANES, 2009-2010, ages 51 years and older with complete, reliable 24-hr recall on Day 1 (n=2,697)

*Cup equivalent servings: 1 cup of milk or yogurt, 1.5 oz natural cheese or 2 oz processed cheese. Values include milk and milk products used in food mixtures (e.g. pizza, smoothies)

¹Milk, unless otherwise specified, refers to whole, reduced-fat, low-fat, non-fat and acidophilus milk, buttermilk, and reconstituted dry milk. Flavored milk includes chocolate and other flavored milks. Milk drinks are milk based drinks with additions, including cocoa based milk drinks, malted milk, and eggnog. Milk substitutes include soy beverages.

Citation: National Dairy Council®. NHANES 2009-2010. Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2009-2010]. [http://www.cdc.gov/nchs/nhanes.htm]

Example messaging:

- In the total US population (51+ y), total dairy intake is composed of 35.6% white milk, 2.8% flavored milk, 22.3% cheese, and 3.3% yogurt (as consumed).
- Food mixtures (defined in Table 14) contribute 34.2% of dairy consumption in the total US population (51+ y).
- In the total US population (51+ y), 57.6% of cheese is consumed alone and 42.4% of the cheese consumed is part of a food mixture.
- Low fat and nonfat yogurt contribute 77.9% of total yogurt consumption in the total USA population (51+ y).



Table 14: Average daily servings of food mixtures made with dairy products, Americans, ages 51 years and older

Description	Total Dairy Intake		Total Milk Intake		Total Cheese Intake		Total Yogurt Intake	
	Mean	% Total	Mean	% Total	Mean	% Total	Mean	% Total
Food Mixtures (with at least 0.01 cup equivalents)	0.53	34.19	0.25	28.64	0.25	42.43	0.01	17.37
Pizza	0.10	6.63			0.10	17.15		
Ice cream and frozen dairy desserts	0.06	3.76	0.05	5.92			0.01	9.91
Coffee	0.04	2.36	0.04	4.19				
Pasta mixed dishes, excludes macaroni and cheese	0.02	1.42			0.02	3.32		
Eggs and omelets	0.02	1.42	0.01	1.08	0.01	2.10		
Candy containing chocolate	0.02	1.34	0.02	2.34				
Oatmeal	0.02	1.19	0.02	2.12				
Soups	0.02	1.13	0.01	0.98	0.01	1.46		
Macaroni and cheese	0.02	1.11			0.01	2.26		
Mashed potatoes and white potato mixtures	0.02	1.02	0.01	0.92	0.01	1.30		
Pudding	0.01	0.89	0.01	1.58				
Other Mexican mixed dishes	0.01	0.83			0.01	2.14		
Burritos and tacos	0.01	0.82			0.01	2.12		
Dips, gravies, other sauces	0.01	0.74			0.01	1.77		
Biscuits, muffins, quick breads	0.01	0.60	0.01	1.03				
Poultry mixed dishes	0.01	0.59						
Cakes and pies	0.01	0.57	0.01	0.87				
Nutritional beverages	0.01	0.54	0.01	0.87				
Meat mixed dishes	0.01	0.54						
Burgers	0.01	0.53			0.01	1.38		
Fruit drinks	0.01	0.51						
Vegetable mixed dishes	0.01	0.50			0.01	0.87		
Not included in a food category	0.01	0.48						
Egg/breakfast sandwiches	0.01	0.47			0.01	1.04		
Doughnuts, sweet rolls, pastries	0.01	0.47	0.01	0.71				
Other sandwiches	0.01	0.41			0.01	1.00		
French fries and other fried white potatoes	0.01	0.35			0.01	0.87		
Cream and cream substitutes	0.01	0.34	0.01	0.60				
Other foods ¹	0.04	2.61	0.05	5.43	0.02	3.66	0.005	7.46

¹Foods contributing less than 0.01 serving of milk, cheese, or yogurt

Source: NHANES, 2009-2010, ages 51 years and older with complete, reliable 24-hr recall on Day 1 (n=2,697)

*Cup equivalent servings: 1 cup of milk or yogurt, 1.5 oz natural cheese or 2 oz processed cheese. Values include milk and milk products used in food mixtures (e.g. pizza, smoothies)

Citation: National Dairy Council®. NHANES 2009-2010. Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics, National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2009-2010]. [http://www.cdc.gov/nchs/nhanes.htm]

Example messaging: Pizza provides 17.2% of total cheese consumption in the total US population (51+ y).