

MOVING TOWARD BETTER NUTRITION & HEALTH: ONE MORE SERVING OF DAIRY MAKES A MEASURABLE DIFFERENCE



OPPORTUNITY TO IMPROVE HEALTHY EATING¹

Healthy Eating Index (HEI) scores, based on meeting the recommendations of the Dietary Guidelines, reveal Americans are achieving just over half of their nutritional needs. There is opportunity to improve.



THE AVERAGE HEI SCORE OF AMERICANS AGE 2+ YEARS IS 58 OUT OF 100¹



STRIVING TO MEET FOOD GROUP GOALS²

Closing critical gaps in food group consumption is key to improving diet quality at any age.

FOOD GROUP	HEI SCORE*	CRITICAL GAPS
Dairy Foods	5.6/10	56%
Fruits	2.8/5	56%
Vegetables	3.2/5	54%
Whole Grains	2.7/10	27%

*Average HEI scores of Americans 2+ years of age by select food group¹

OPPORTUNITIES TO REDUCE DISPARITIES IN DAIRY CONSUMPTION³

22% LESS DAIRY

Black children eat 16-22% less dairy servings than kids from other racial/ethnic groups

34% LESS DAIRY

Black adults consume 23-34% less dairy than white and Hispanic adults

OVERALL
LOWER DAIRY CONSUMPTION

Overall, Black & Asian adults eat less dairy than Non-Hispanic whites and Hispanics

CLOSING KEY NUTRIENT GAPS⁴⁻⁶

Focus on increasing foods that are good sources of calcium, vitamin D, potassium and dietary fiber, which have been identified as essential nutrients we need to get more of by the Dietary Guidelines for Americans.

NUTRIENT	% OF AMERICANS WHO NEED MORE	EXAMPLE FOOD SOURCES*		
Calcium	46%	Cheese (115-485 mg)	Yogurt (250-488 mg)	Cooked Spinach (245 mg)
Vitamin D	96%	Canned Tuna (231 IU)	1% Milk (117 IU)	Fortified Orange Juice (100 IU)
Potassium	72%	Banana (451 mg)	1% Milk (366 mg)	Avocado (364 mg)
Fiber	94%	Raspberries (8 g)	Lentils (7.8 g)	Almonds (3.5 g)

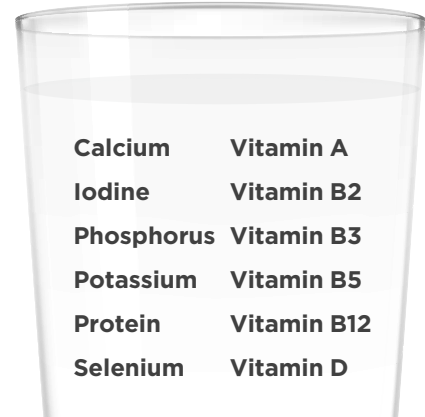
*Per USDA standard portions

ADD ESSENTIAL NUTRIENTS WITH JUST ONE CUP OF MILK^{7*}

25% of daily **calcium** needed to help build and maintain strong bones and teeth

15% of daily **vitamin D** needed to support bone and immune health

10% of daily **potassium**** needed to support heart health and help maintain healthy blood pressure and muscle function



Calcium
Iodine
Phosphorus
Potassium
Protein
Selenium
Vitamin A
Vitamin B2
Vitamin B3
Vitamin B5
Vitamin B12
Vitamin D

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

DAIRY FOODS CAN HELP ELEVATE THE PLATE

By pairing milk, cheese and yogurt with whole grains, vegetables and fruits, Americans can enjoy a variety of meals and snacks while meeting their food group goals.



CHEESY BREAKFAST GRITS WITH SAUTEED GREENS

Grits prepared with lactose-free dairy milk and cheese, eggs, sauteed spinach or collard greens



TROPICAL FRUIT PARFAIT

Yogurt with pineapple, mango/papaya, toasted coconut and almond slivers



CAPRESE COTTAGE CHEESE TOAST

Whole grain toast, cottage cheese, tomato slices and basil



VEGETABLE CURRY WITH PANEER

Basmati rice with curry prepared with peas, spinach, cauliflower, tomatoes and paneer

*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.

**USDA FoodData Central. FDA's Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, NASEM updated the DRI to 3400 mg. Based on the 2019 DRI, a serving of milk provides 10% of the DRI. FDA rule-making is needed to update this value for the purpose of food labeling.

References (Full citations available upon request):

- <https://www.fns.usda.gov/sites/default/files/media/file/AverageHealthyEatingIndex-2020ScoresfortheUSPopulation-508.pdf>
- <https://www.fns.usda.gov/cnpp/hei-scores-americans>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1011593/pdf/main.pdf>
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- https://www.ars.usda.gov/ARSUserFiles/80400530/pdf/usual/Usual_Intake_gender_WWEIA_2017_March%202020.pdf
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- [Fdc.nal.usda.gov](https://www.fdc.nal.usda.gov)