Nourish with Dairy

A HEALTHY WAY TO NOURISH GROWING BRAINS, BONES AND BODIES

Your kit includes educational materials for parents and caregivers!

dairy west®

Dear Healthcare Professional,

Dairy West represents dairy farm families in Idaho and Utah to promote the dairy industry and products locally, nationally and globally. We are passionate about what we do, every day, because dairy farmers play a critical role in providing the world with safe and nutritious food.

We know you are also passionate about what you do, so we are providing the enclosed information for you and your patients' parents highlighting the nutritional benefits of dairy for growing bodies and brains.

Dairy foods like low-fat or fat-free milk, yogurt and cheese are fundamental to good nutrition. Milk, in particular, provides a powerful package of 13 essential nutrients, including, protein, zinc, selenium, vitamin A and vitamin D, which also contribute to healthy immune function. And dairy foods like cheese and yogurt also provide high-quality protein, calcium, vitamin A, B vitamins and more!

Please share the enclosed tear sheets with families to help educate them about the importance of dairy for their children—from preschoolers to adolescents.

You will notice that these tear sheets feature Unbottled branding, our consumer-friendly look that your patients may be familiar with. It is just one way that local dairy farm families in Idaho and Utah encourage other families throughout both states to enjoy delicious and nutritious local dairy.

Dairy: A Nutritional Powerhouse

Dollar for dollar, dairy foods are not only one of the most economical sources of nutrition, but fundamental to supporting growth and development, and dairy helps fill nutrient gaps and contributes to healthy eating patterns.

VITAMIN A *helps support healthy immune cells and keep skin and eyes healthy*

ZINC *known to be important for normal immune function*

PROTEIN *helps build and repair muscle tissue and is the building block of all cells in the body*

B VITAMINS *like B12, riboflavin and niacin, which can help the body convert food into fuel*

CALCIUM, PHOSPHORUS & VITAMIN D *help build and maintain strong bones and teeth*

Dairy comes in a range of textures and varieties, including lactose-free, to meet multiple taste, cultural and health needs. There's likely something even picky eaters will enjoy.

Preschoolers

2–5 Years

Dairy foods like low-fat or fat-free milk, yogurt and cheese are fundamental to good nutrition for preschoolers.

Creating positive food experiences is a key step in building healthy habits with food and helping them to try new flavors and textures. Caregivers play a key role in this process because they control the foods and beverages purchased, prepared, and served. Additionally, it is important for adults to role model healthy eating behaviors for children.

KEY FACTS

- Offering the same type of food to children multiple times, in a variety of forms or prepared in different ways, can increase acceptance and intake of healthy foods.[1]
- Leading health experts agree water and plain milk are the only recommended beverages for children 1 to 5 years of age.[2]
- Dairy provides 7 of 14 nutrients for early brain development.[3]
- One easy way to help kids build healthy habits is to serve nutrient-rich milk at meals and water in between for hydration.

RECOMMENDED DAILY DAIRY SERVINGS[1,4]

2–3 years old **2 cups** | 4–5 years old **2 ½ cups**

Grade Schoolers

6–12 Years

Elementary school years are filled with activity. Dairy provides what kids need to grow, develop and thrive.

High-quality nutrition is vital in keeping up with packed schedules as their brains and bodies grow. Eating meals with family or friends gives them a supportive space to try new foods and learn more about balanced eating. The nutrients provided by dairy can help to fuel learning and play, build bone mass and support unique developmental needs at this life stage.

KEY FACTS

- Dairy consumption begins to slip below recommended levels before children start elementary school, with the gap widening as they enter school and become more independent.[1]
- School-aged children are at risk of under-consuming three key nutrients that dairy foods provide: potassium, calcium and vitamin D.[1]
- Flavored milk is low in added sugars compared to sugar-sweetened beverages and only contributes about 4% of added sugars in kids' diets.[5]
- Whether plain or flavored, milk is a nutrient-rich and delicious option.

RECOMMENDED DAILY DAIRY SERVINGS[1,4]

6–8 years old **2 ½ cups** | 9–12 years old **3 cups**

Teenagers

13–18 Years

Adolescence is a unique growth period, making nutritious food choices vitally important.

As children gain more independence and peer influence increases, the impact of parents and caregivers on food choices decreases. However, parents and caregivers can still support healthy eating by providing easy access to nutritious foods, involving kids in meal planning, shopping and cooking and guiding their food choices outside the home.

KEY FACTS

- Teen girls are especially vulnerable to falling short of their vitamin B12 and bone-building nutrient needs.[1]
- The gap between the amount of dairy foods recommended in the U.S. Dietary Guidelines and what's actually eaten widens as children age. This is concerning because dairy foods provide more bone-beneficial nutrients per calorie than any other food group.[7]
- Choline helps support cognitive health and the conversion of food to fuel which is important in this period of brain and growth development.[8]
- Hydrate with water or nutrient-rich, electrolyte-packed milk before, during and after exercise and with meals

RECOMMENDED DAILY DAIRY SERVINGS[1,4]

13–18 years old **3 cups**

DID YOU KNOW?

There's good scientific evidence that fermented dairy foods like yogurt with live cultures and kefir can benefit gut health. Fermented dairy foods help maintain gut barrier function, and they have unique bioactives due to the fermentation process that may also improve health.

Eating fermented foods like yogurt and kimchi can help bolster the microbiota. For people with lactose intolerance, yogurt and hard cheeses are often tolerable because hard cheeses contain less lactose, and the live cultures in yogurt help digest the lactose.

Tried and True Tips for Incorporating Low-Lactose Dairy Foods for Those with Lactose Intolerance

DRESS IT

Yogurt makes a great base for salad dressing.

MARINATE IT

Use Greek yogurt or buttermilk as a marinade for poultry.

SHRED IT

Top salads with natural cheese like Gouda or sharp Cheddar.

TOP IT

Fruit topped with ricotta makes a great dessert combo with minimal lactose.

National Dairy Council, Accessed at https://www.usdairy.com/news-articles/foods-for-gut-health

dairy west®

Representing dairy farm families in Idaho and Utah

We are passionate about what we do, every day, because dairy farmers provide the world with safe and nutritious food.

Scan the QR to order more materials

dairy west®

Learn more about dairy products and local dairy farmers by visiting **DairyWest.com**

unbottled.

Direct families to **Unbottled.com** for more information and resources about the importance of of dairy for their kids.

SOURCES: *1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Accessed at https://www.dietaryguidelines. gov/sites/default/files/2020-12/Dietary_ Guidelines_for_Americans_2020-2025. pdf. 2. Muth, N. D., MD, MPH, RDN, FAAP (2023, October 3). Recommended Drinks for Children Age 5 & Younger. Https://www.Healthychildren.org/. Retrieved July 15, 2024, from https://www.healthychildren.org/English/healthy-living/nutrition/Pages/Recommended-Drinks-for-Young-Children-Ages-0-5.aspx 3. Sarah Jane Schwarzenberg, Michael k. Georgieff, COMMITTEE ON NUTRITION, Stephen Daniels, Mark Corkins, Neville H. Golden, Jae H. Kim, C. Wesley Lindsey, Sheela N. Magge; Advocacy for Improving Nutrition in the First 1000 Days to Support Childhood Development and Adult Health. Pediatrics February 2018; 141 (2): e20173716. 10.1542/peds.2017-3716. 4. 2. U.S. Department of Agriculture. MyPlate. What foods are included in the Dairy Group? 2020. Accessed at https:// www.myplate.gov/eat-healthy/dairy. 5. Greer FR, Krebs NF, American Academy of Pediatrics Committee on Nutrition. Optimizing bone health and calcium intakes of infants, children and adolescents. Pediatrics. 2006; 117(2):578-585. doi: 10.1542/peds.2005-2822. 6. National Dairy Council. NHANES 2015-2018. 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. http://www.cdc.gov/nchs/nhanes.htm. 7. Wallace TC, Bailey RL, Lappe J, et al. Dairy intake and bone health across the lifespan: a systemic review and expert narrative. Crit Rev Food Sci Nutr. 2020, Ahead of Print;1-47. 8. Hess JM, Cifelli CJ, Fulgoni III VL. Energy and Nutrient Intake of Americans according to Meeting Current Dairy Recommendations. Nutrients. 2020;12(10):3006.*