

The Dairy Food Matrix

The foods we eat are more than just nutrients¹—their entire package impacts our health. It's not only what's in our favorite foods, but how nutrients and non-nutrient components work together and the form they take (liquid, gel, solid). Nutrient-rich dairy foods like **milk**, **cheese** and **yogurt** at all fat levels, as part of healthy eating patterns, provide essential nutrients and key components that can help support our health.² **That's the power of the dairy food matrix.**



For illustration only, not true to structure.

Think of the dairy food matrix like a symphony, where the components work together in harmony, delivering greater health benefits than any one part alone.

LET'S EXPLORE HOW THE PHYSICAL MAKEUP AND NUTRIENT INTERACTIONS OF THE DAIRY FOOD MATRIX CAN HELP CREATE A HARMONY OF HEALTH IN OUR BODIES.

Dairy foods can help nourish bones and muscles, which are closely linked to cardiometabolic health through their roles in glucose metabolism and insulin sensitivity.³⁻⁶

High-quality proteins like quickly-absorbed whey and slower-digested casein promote satiety and support weight management.⁷

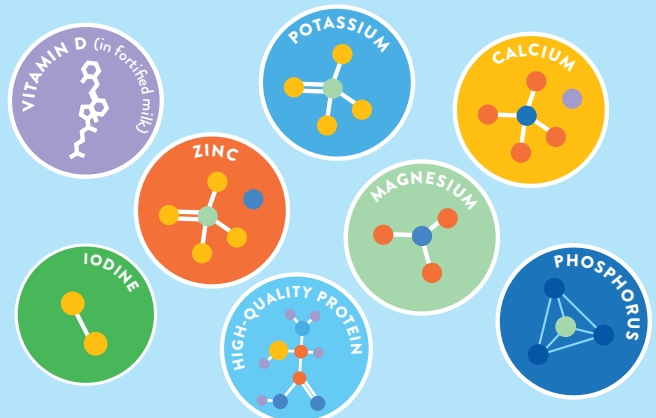


1 SERVING MILK =
16% DAILY VALUE
OF PROTEIN⁸



1 SERVING GREEK YOGURT =
32% DAILY VALUE
OF PROTEIN⁹

Dairy foods provide more **bone-building nutrients per calorie** than any other food group.^{3, 10-14}



Fermented dairy foods like yogurt, kefir and some cheeses can **support digestive health** and can also help **lower chronic inflammation**.¹⁵⁻¹⁷

Fermented dairy foods with live and active cultures may provide the additional benefits of probiotics¹⁵



- SUPPORT **BLOOD SUGAR** REGULATION¹⁸
- HELP **REDUCE THE RISK** OF CHRONIC INFLAMMATION
- HELP NURTURE A **HEALTHY GUT**
- **LOWER RISK** OF DEVELOPING TYPE 2 DIABETES



Dairy foods contribute to eating patterns that can help support **cardiometabolic health**, thanks to the dairy food matrix's unique nutrient interactions.¹⁹



Dairy foods as part of a healthy eating pattern can support all **4 factors of optimal cardiometabolic health**²⁰:

- ✓ Blood pressure
- ✓ Blood lipids
- ✓ Blood glucose
- ✓ Healthy weight

Find more reasons to **sing the praises** of the **dairy food matrix** at www.USDAiry.com



Watch our explainer video to learn more.



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3. Wallace et al. <i>Crit Rev Food Sci Nutr</i> . 2021	10. USDA FoodData Central: FDC ID: 170871	17. Zhang et al. <i>Nutr Metab Cardiovasc Dis</i> . 2023
4. Hidayat et al. <i>Adv Nutr</i> . 2022	11. USDA FoodData Central: FDC ID: 173416	18. Gao et al. <i>Foods</i> . 2025
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7. Pal et al. <i>Eur J Clin Nutr</i> . 2014	14. National Institutes of Health. 2024	