



Building Balanced Eating Patterns for Better Health

The Role Dairy Foods Can Play in Supporting the Health of Black Americans



Adapted from
American Dairy
Association
North East



About Us

National Dairy Council's mission is to bring to life the dairy community's shared vision of a healthy, happy, sustainable world with science as the foundation. On behalf of America's dairy farmers, National Dairy Council (NDC) shares evidence-based information about how nutritious, responsibly produced dairy foods help nourish people across the lifespan.

NDC is proud to partner with the National Medical Association (NMA), the largest and oldest organization representing Black American physicians and their patients and a leader in advancing health equity. For over two decades, NDC and NMA have collaborated on initiatives to help raise awareness of the benefits of healthy eating patterns that include dairy foods and their contributions to the well-being of Black communities. The information shared within this resource reflects recent peer-reviewed research and data, including NMA's evidence-based guidance around dairy food consumption.



Access the [full supplement](#) to the *Journal of National Medical Association*: "The Role of Dairy Food Intake for Improving Health Among Black Americans Across the Life Continuum."

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Health Disparities and Nutrition are Inextricably Linked

The statistics below reflect a complex interplay of social, economic and environmental factors—but nutrition remains a powerful, modifiable factor to help reduce disease risk. Expanding access to nutrient-dense foods and raising awareness of culturally relevant dietary strategies can help support better health and play a meaningful role in narrowing these gaps.

Black adults are approximately:*

- 24%** more likely to have diabetes
- 26%** more likely to have diagnosed hypertension
- 28%** more likely to have obesity
- 43%** more likely to have a stroke
- 35%** more likely to die from major heart disease

*Compared to U.S. adults overall; represents data captured from 2018 to 2024

Among Black children & adolescents:*

- **59% higher prevalence of obesity** than total U.S. children the same age.
- Black households with children under 18 were **73% more likely to experience food insecurity** than all U.S. households with children.

*Represents data from 2024



Black/African American Health. U.S. Department of Health and Human Services Office of Minority Health. Accessed March 16, 2026. <https://minorityhealth.hhs.gov/blackafrican-american-health>.



The National Medical Association Recommends Dairy Foods

To help support a lifetime of well-being for Black Americans, the National Medical Association (NMA) recommends 3 daily servings* of dairy foods as part of an overall healthy diet.

Dairy foods can provide a culturally acceptable, affordable and accessible source of nutrition as part of healthy eating patterns. If lactose intolerance is a concern, there are a variety of lactose-free and lower-lactose dairy foods available to help people meet their dairy recommendations with minimal or no symptoms.

Regularly eating dairy foods has been linked to multiple health benefits, from birth to older adulthood:¹

- **Pregnancy & Early Childhood (0-4 Years):** The vitamins and minerals in dairy foods are linked to a lower risk of pregnancy-related complications, and they help support physical growth and brain development from pregnancy through early childhood.
- **Later Childhood & Adolescence (5-17 Years):** Foods like milk, cheese and yogurt help support continued growth, brain function, gut health and bone health, as well as support hydration, healthy eating patterns and appetite control.
- **Adulthood (18-59 Years):** Consuming dairy foods and the nutrients they provide may lower risk of obesity, cardiovascular disease, type 2 diabetes and chronic kidney disease.
- **Older Adulthood (60+ Years):** Regularly eating dairy foods throughout life supports healthy aging, because they provide several nutrients that may play a role in maintaining bone and muscle health.

Click [here](#) or scan the QR code for NMA's full list of recommendations throughout the lifespan.



*Or calorie-appropriate serving recommendations based on the Dietary Guidelines for Americans.

Dairy Throughout the Lifespan



Infants 6-11 Months: Building the foundation for healthy eating.

At about 6 months, infants should be introduced to nutrient-rich, developmentally appropriate foods to complement human milk or iron-fortified formula feedings to ensure adequate nutrition and encourage acceptance of a wide variety of nutritious foods.^{1,2} Cheese and yogurt offer a range of diverse tastes and textures, which can help support development of future healthy eating habits.³



Toddlers 12-23 Months: Supporting growth and development.

After their first birthday, as babies transition from human milk or iron-fortified infant formula, whole milk and other dairy foods emerge as critically important sources of essential nutrients to support growth and development.⁴

Grade Schoolers 6-12 Years:

Building healthy habits to last a lifetime.

Dairy foods with calcium, vitamin D, protein and phosphorus can help support bone mass, which may reduce risk for osteoporosis (or bone diseases) later in life.⁶ Dairy foods also provide sources of important nutrients that support the immune system, including high-quality protein, zinc, selenium and vitamins A, D and B12.⁷



Preschoolers 2-5 Years:

Delivering high-quality nutrition.

Leading health experts agree water and plain milk are the only recommended beverages for children 1 to 5 years of age.⁵ Plant-based alternatives are not recommended due to their wide variability in nutrient content, limited evidence of bioavailability and impact on diet quality and health outcomes.⁵

1. American Academy of Pediatrics, "Infant Food and Feeding," Healthy Active Living for Families, American Academy of Pediatrics website, <https://www.aap.org/en/patient-care/healthy-active-living-for-families/infant-food-and-feeding>

2. U.S. Departments of Health and Human Services and Agriculture. Dietary Guidelines for Americans, 2025-2030. <https://cdn.realfood.gov/DGA.pdf>

3. Murray, RD. Influences on the initial dietary pattern among children from birth to 24 months. *Nutr Today*. 2017;52(25):S25-S29. <https://doi.org/10.1097/NT.0000000000000195>

4. Analyses of NHANES 2013-2014 & 2015-2016 data conducted by Victor Fulgoni, PhD. Analyses conducted using SAS 9.4 and SUDAAN 11 with survey parameters including strata, primary sampling units and dietary sample weights. Means were calculated using SAS proc survey means and percentages were calculated using SUDAAN proc ratio.

5. Lott M, Callahan E, Welker Duffy E, et al. Healthy beverage consumption in early childhood: recommendations from key national health and nutrition organizations. *Healthy Eating Research*. September 2019. <https://healthyeatingresearch.org/wp-content/uploads/2019/09/HER-HealthyBeverage-ConsensusStatement.pdf>

6. Weaver CM, Gordon CM, Janz KF, et al. The National Osteoporosis Foundation's position statement on peak bone mass development and lifestyle factors: a systematic review and implementation recommendations. *Osteoporosis Int*. 2016;27(4):1281-1386. <https://doi.org/10.1007/s00198-015-3440-3>

7. Calder PC, Carr AC, Gombart AF, Eggersdorfer M. Optimal nutritional status for a well-functioning immune system is an important factor to protect against viral infections. *Nutrients*. 2020;12(4):1181. <https://pubmed.ncbi.nlm.nih.gov/32340216/>



Teenagers 13-18 Years:

Supplying necessary nutrition for a crucial chapter.

Adolescence is a unique growth period, making protein, calcium and other essential nutrients vitally important. However, the gap between the amount of dairy foods recommended and actually eaten widens as children age.⁸ Teen girls are especially vulnerable to falling short of their vitamin B12 and bone-building nutrient needs.^{2,9} Dairy foods provide more bone-beneficial nutrients per calorie than any other food group.¹⁰

Adults 19-59 Years:

Reducing risk of chronic diseases.

Consuming dairy foods is associated with reduced risk of metabolic syndrome, cardiovascular disease, type 2 diabetes, chronic kidney disease and breast cancer.¹¹ In addition, dairy foods can provide calcium and vitamin D, which are particularly important to accruing peak bone mass in early adulthood.²



Older Adults 60+ Years:

Aging vibrantly.

Healthy aging begins with healthy habits like good nutrition and wellness. As adults age, it's important to protect against health conditions related to changes in bone and muscle mass, like osteoporosis and sarcopenia. Nutrient-rich dairy foods provide high-quality protein to help maintain muscle, as well as bone building nutrients important during bone remodeling that takes place post-menopause.^{13,14}



Pregnancy and Breastfeeding

Supporting baby's brain development.

Pregnant and breastfeeding women need higher amounts of some nutrients including vitamin B12, iodine and choline.^{2,15} As excellent sources of vitamin B12, dairy foods help support a healthy pregnancy and may help prevent vitamin B12 deficiency in infants which can lead to permanent neurological damage.¹⁶ As good sources of iodine, milk, cheese and yogurt may help protect against neurocognitive defects and lower childhood IQ linked to prenatal iodine deficiency.^{17,18} Plus, the choline⁺ found in dairy foods can help replenish maternal stores and support the growth and development of the baby's brain and spinal cord.^{1,2}

**One serving of milk provides 8% of the Daily Value for choline.*

8. Cifelli, C.J., Fulgoni, K.F., Fulgoni V.L. III and Hess, J.M. (2023). Disparity in dairy servings intake by ethnicity and age in NHANES 2015-2018. *Current Developments in Nutrition*, 7(2), 100010. <https://doi.org/10.1016/j.cdnut.2022.100010>

9. Lasekan, J., Yao, Q., Choe, Y., Niemi, G. M., & Hicks, P. (2025). Key Nutrient Intakes at Risk Among US Children in the National Health and Nutrition Examination Survey (NHANES) 2015-2016 Stratified by Age and Gender. *Children*, 12(2), 238. doi.org/10.3390/children12020238

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11. Mitchell E, Comerford K, Knight M, McKinney K, Lawson Y. A review of dairy food intake for improving health among black adults in the US. *J Natl Med Assoc*. 2024 Feb 19;S0027-9684(24)00015-4. doi: 10.1016/j.jnma.2024.01.018. Epub ahead of print. PMID: 38378306. <https://www.sciencedirect.com/science/article/pii/S0027968424000154>

12. International Osteoporosis Foundation. Serve Up, Bone Strength, Milk and dairy products are good for bone health Fact Sheet. https://www.osteoporosis.foundation/sites/IOFbonehealth/files/2019-03/2015_ServeUpDairyProducts_FactSheet_English_0.pdf

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16. National Institutes of Health. Office of Dietary Supplements. Iodine Fact Sheet for Health Professionals. <https://ods.od.nih.gov/factsheets/Iodine-HealthProfessional/#h3>.

17. Kamsiyochukwu S Daniel, Kelsey M Mangano, Resurgence of Iodine Deficiency in the United States During Pregnancy: Potential Implications for Cognitive Development in Children, *Nutrition Reviews*, Volume 83, Issue 10, October 2025, Pages 1944-1956, <https://doi.org/10.1093/nutrit/nuaf025>

Dairy's Unique Package of Nutrients

Dairy foods across a range of lactose and fat levels can deliver up to 13 essential nutrients.

Nutrient	Milk	Yogurt	Cheese	Nutrient Function
Macronutrients				
Protein*	▲	●	▲	Helps build and maintain lean muscle and provides amino acids needed to maintain intestinal tissue integrity, supporting gut health. ^{1,2}
Vitamins				
Vitamin A*	▲			Supports vision, immune function and growth. ³
Vitamin D	▲			Helps the body absorb calcium and supports bone health and immune function. ⁴
Vitamin B12*	●	●	▲	Helps with normal blood function and keeps the nervous system healthy. ⁵
Riboflavin	●	●	▲	Helps convert food into energy and enzymes function normally. ⁶
Pantothenic Acid	●	▲		Helps convert food into energy and regulate metabolism. ⁷
Niacin	▲		▲	Helps convert food into energy. ⁸
Minerals				
Calcium	●	●	▲	Builds and maintains strong bones and teeth; supports nerve and muscle function; contributes to normal enzyme function. ⁹
Selenium*	▲	●	▲	Protects healthy cells from damage and supports metabolism. ¹⁰
Iodine*	●	●	▲	Necessary for proper bone and brain development and metabolic regulation. ¹¹
Phosphorus	●	▲	▲	Helps form bones and teeth and supports energy metabolism. ¹²
Potassium†	▲			Maintains fluid balance and supports healthy blood pressure and muscle function. ¹³
Zinc*	▲	▲		Supports immune function, wound healing and growth. ¹⁴
<p>● Dairy is an excellent source, providing 20% or more of the Daily Value for that nutrient per RACC. ▲ Dairy is a good source, providing 10-19% of the Daily Value for that nutrient per RACC.</p> <p>* Nutrients identified by American Academy of Pediatrics as essential for neurocognitive development. †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.</p>				

Sources: USDA FoodData Central online at <http://fdc.nal.usda.gov/>. 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 (n=12); U.S. Department of Agriculture, Agricultural Research Service. 2016. USDA National Nutrient Database for Standard Reference, Release 28. Nutrient Data Laboratory Home Page, <https://www.ars.usda.gov/nutrientdata>; low moisture, part skim mozzarella (#01029); U.S. Department of Agriculture, Agricultural Research Service. 2016. USDA National Nutrient Database for Standard Reference, Release 28. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/nutrientdata>; Low-fat vanilla yogurt (#01119).

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 2. Bartlett A, Kleiner M. Dietary protein and the intestinal microbiota: An understudied relationship. iScience. 2022;25(11):105313. doi:10.1016/j.isci.2022.105313
 3. National Institutes of Health. Vitamin A and Carotenoids Fact Sheet for Health Professionals. Office of Dietary Supplements. March 10, 2025. <https://ods.od.nih.gov/factsheets/VitaminA-HealthProfessional/>
 4. National Institutes of Health. Vitamin D Fact Sheet for Health Professionals. Office of Dietary Supplements. June 27, 2025. <https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>
 5. National Institutes of Health. Vitamin B12 Fact Sheet for Health Professionals. Office of Dietary Supplements. July 2, 2025. <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>
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 7. National Institutes of Health. Pantothenic Acid Fact Sheet for Health Professionals. Office of Dietary Supplements. March 26, 2021. <https://ods.od.nih.gov/factsheets/PantothenicAcid-HealthProfessional/>
 8. National Institutes of Health. Niacin Fact Sheet for Health Professionals. Office of Dietary Supplements. November 18, 2022. <https://ods.od.nih.gov/factsheets/Niacin-HealthProfessional/>
 9. National Institutes of Health. Calcium Fact Sheet for Health Professionals. Office of Dietary Supplements. July 11, 2025. <https://ods.od.nih.gov/factsheets/Calcium-HealthProfessional/>
 10. National Institutes of Health. Selenium Fact Sheet for Health Professionals. Office of Dietary Supplements. September 4, 2025. <https://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/>
 11. National Institutes of Health. Iodine Fact Sheet for Health Professionals. Office of Dietary Supplements. November 5, 2024. <https://ods.od.nih.gov/factsheets/Iodine-HealthProfessional/>
 12. National Institutes of Health. Phosphorus Fact Sheet for Health Professionals. Office of Dietary Supplements. May 4, 2023. <https://ods.od.nih.gov/factsheets/Phosphorus-HealthProfessional/>
 13. National Institutes of Health. Potassium Fact Sheet for Health Professionals. Office of Dietary Supplements. June 2, 2022. <https://ods.od.nih.gov/factsheets/Potassium-HealthProfessional/>
 14. National Institutes of Health. Zinc Fact Sheet for Health Professionals. Office of Dietary Supplements. January 6, 2026. <https://ods.od.nih.gov/factsheets/Zinc-HealthProfessional/>

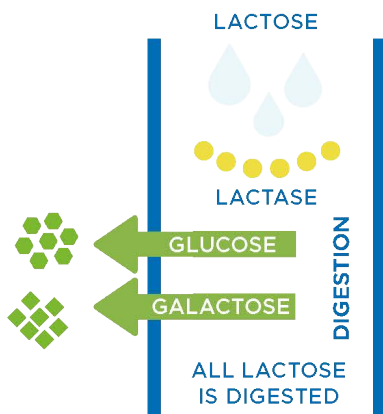
Evidence-Based Ways to Enjoy Dairy Foods with Lactose Intolerance

The inability to fully digest lactose, the naturally occurring sugar in milk, disproportionately affects Black Americans. This happens when the small intestine doesn't produce enough lactase, the enzyme needed to break down lactose. As a result, undigested lactose can lead to discomfort after consuming dairy foods.

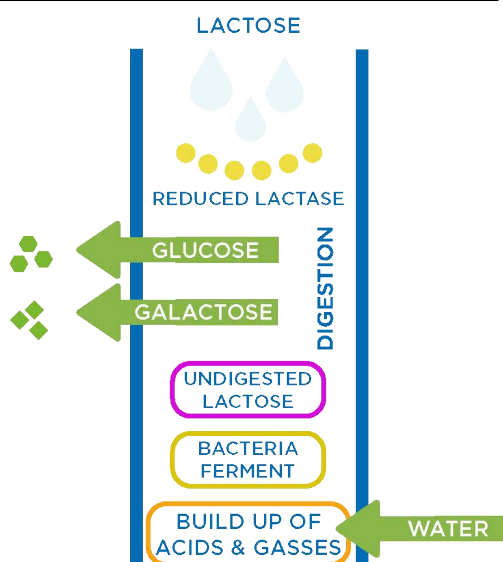
The good news is dairy foods come in a range of lactose levels, including lactose-free, so lactose intolerance does not have to mean dairy avoidance. It's a condition that affects individuals differently, and it's important for people to find the solutions that work for them. Managing it often comes down to understanding how the body responds to different dairy foods and eating patterns.

Understanding Lactose Intolerance

SUFFICIENT LACTASE LEVELS



LACTOSE INTOLERANT



How to Enjoy Dairy Foods with Lactose Intolerance

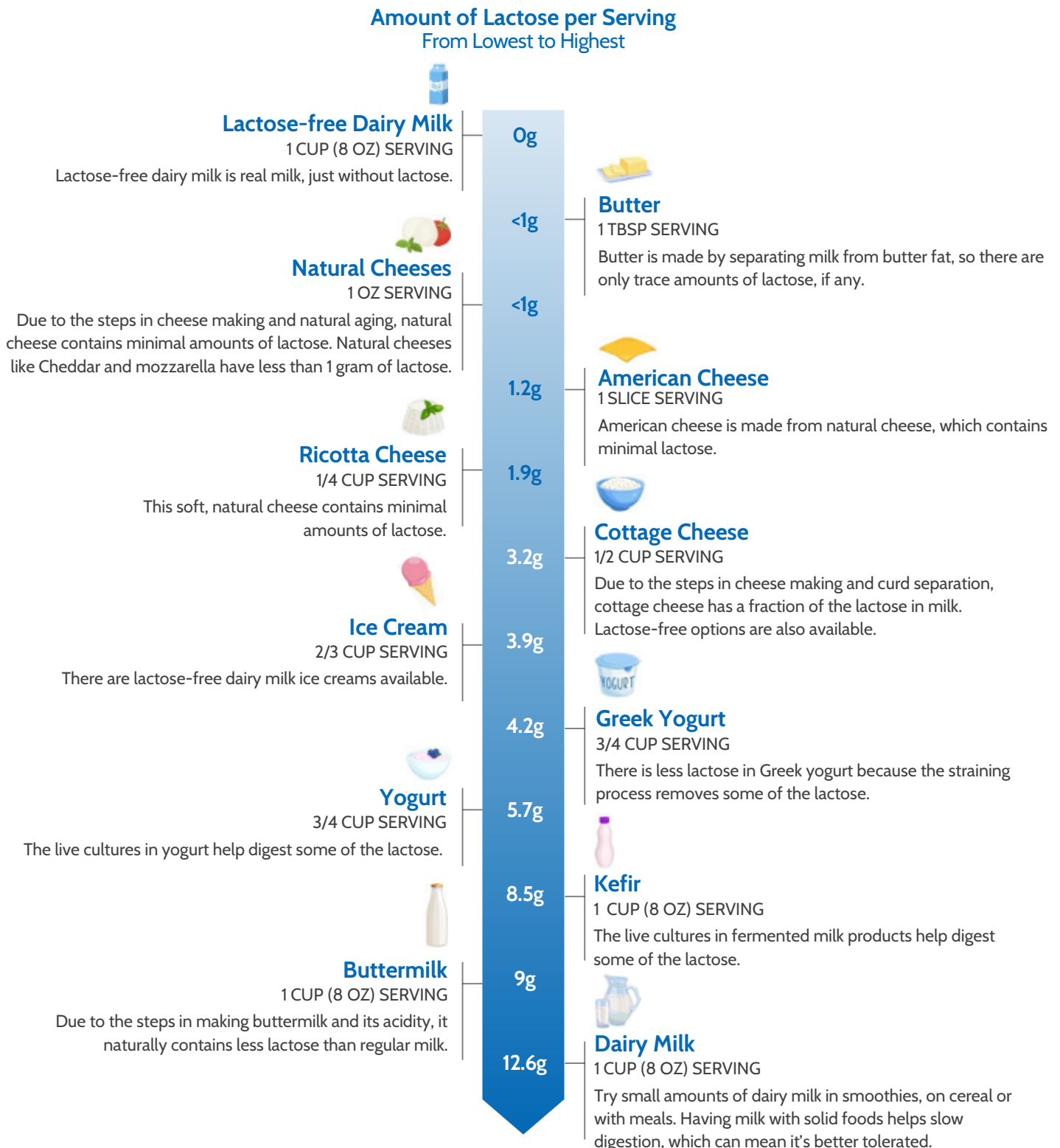
- **Choose lactose-free dairy foods.** Lactose-free dairy milk has the same 13 essential nutrients as regular dairy milk, just without the lactose.
- **Try fermented options.** Fermented dairy foods like yogurt, kefir and cheese are generally lower in lactose. Yogurt and kefir can also contain live and active cultures that can help break down the lactose and aid digestion.
- **Mix milk, cheese and yogurt into meals.** Eating lactose-containing dairy foods with other nutrient-rich foods can help slow digestion which may help ease discomfort.
- **Stick to small sips and snacks.** Eating lactose-containing dairy foods in smaller amounts throughout the day may be a way to manage lactose intolerance symptoms and still benefit from dairy foods' nutrition and health benefits.
- **Lean on lactase supplements.** Lactase can be taken 5-30 minutes before a lactose-containing meal to help significantly reduce lactose intolerance symptoms.
- **Consider probiotic supplements.** Regularly taking varieties that contain high amounts of *Lactobacillus bulgaricus* and *Streptococcus thermophilus* - which are also found in many yogurts - may help improve lactose digestion.

1. Suchy FJ, Brannon PM, Carpenter TO, et al. National Institutes of Health Consensus Development Conference: lactose intolerance and health. Ann Intern Med. 2010;152(12):792-796. doi:10.7326/0003-4819-152-12-201006150-00248

2. Comerford K, Lawson Y, Young M, et al. Executive summary: The role of dairy food intake for improving health among Black Americans across the life continuum. J Natl Med Assoc. 2024;116(2 Pt 2):211-218. doi:10.1016/j.jnma.2024.01.026.

Eating Dairy Foods with Confidence

Everyone tolerates lactose differently. The good news is there are a variety of lactose-free and lower-lactose choices that deliver on taste and nutrition.

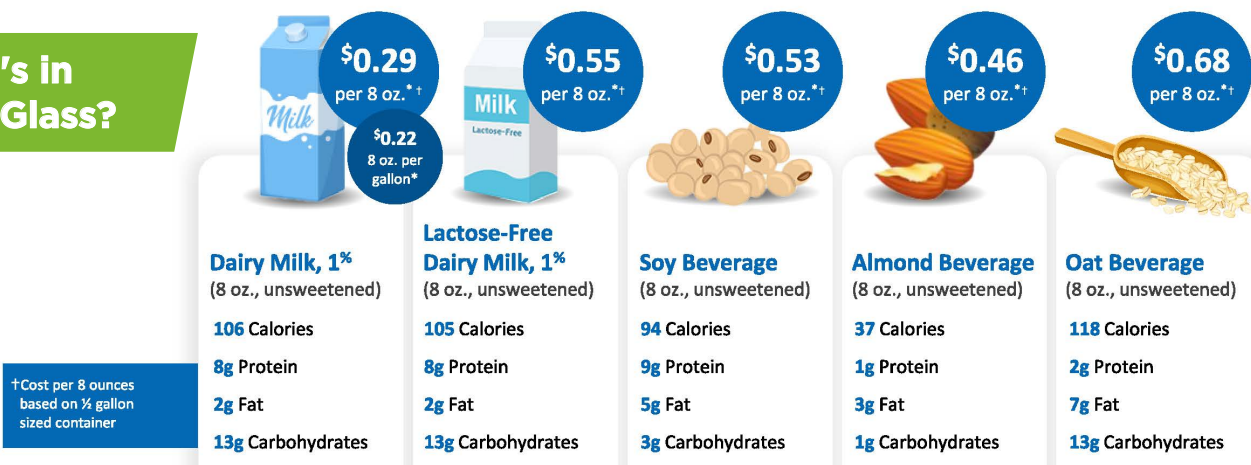


Lactose content based on the Reference Amount Customarily Consumed (RACC) and data from Food Data Central: <http://fdc.nal.usda.gov>. Accessed October 22. Ricotta lactose contents based on Faciona M Setal. 2020 and Food Standards Australia New Zealand. Detailed data is on file and available up request.

Real Milk Offers Real Benefits

Plant-based beverages can absolutely have a place in someone's diet, but it's important for people to understand the differences between dairy milk and the alternatives so they can make the choice that's right for them. This is especially true for families with growing children. The American Academy of Pediatrics, the American Academy of Nutrition and Dietetics, the American Academy of Pediatric Dentistry and the American Heart Association discourage replacing dairy milk with plant-based alternatives, apart from fortified soy beverages, because they don't reliably provide the same nutrients as dairy, which play an important role in supporting brains, bones and bodies.^{1,2}

What's in Your Glass?



Vitamins and Minerals¹⁻⁴ (% Daily Value)

Vitamin B12	60%	60%	40%	35%	50%
Iodine	60%	60%	2%	N/A	N/A
Calcium	25%	25%	20%	30%	30%
Riboflavin (B2)	25%	25%	15%	6%	55%
Phosphorus	20%	20%	15%	6%	20%
Pantothenic acid (B5)	20%	20%	N/A	N/A	N/A
Niacin (B3)	15%	15%	4%	<2%	<2%
Vitamin A	15%	15%	15%	10%	25%
Vitamin D	15%	15%	8%	10%	20%
Potassium ⁵	10%	10%	10%	2%	10%
Zinc	10%	10%	6%	4%	2%
Selenium	10%	10%	8%	N/A	N/A

■ = Naturally occurring nutrients N/A = Nutrition data not available or reported quantitatively

*Source: Circana Group, L.P. Multi-outlets and convenience stores. 52 week-period ending Dec 1, 2024. (Half-gallon dairy milk, unflavored (1%); dairy milk, lactose-free, unflavored (1%); leading almond, soy and oat beverage brands, unflavored; 1-gallon dairy milk, private label, unflavored.)

1. USDA, Agricultural Research Service. FoodData Central, 2019. <https://fdc.nal.usda.gov/>. FDC IDs: 746772, 2705389, 1999630, 1999631, 2257046. Accessed December 2024.

2. USDA, Agricultural Research Service. USDA, FDA and ODS-NIH Database for the Iodine Content of Common Foods Release 3.0 (2023).

3. Naturally occurring nutrients based on publicly available product ingredient lists. Accessed July 2023. Lactose-free milk is real dairy milk that has added lactase enzymes to break down lactose. USDA FDC ID 2705389 does not include values for iodine, pantothenic acid and tryptophan (for niacin equivalents) as of December 2024.

4. 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. These values are based on the 2019 DRI of 3400 mg.

1. Lott M, Callahan E, Welker Duffy E, Story M, Daniels S. Consensus Statement. Healthy Beverage Consumption in Early Childhood: Recommendations from Key National Health and Nutrition Organizations. Healthy Eating Research, 2019. Available at: <https://healthyeatingresearch.org/research/consensus-statement-healthy-beverage-consumption-in-early-childhood-recommendations-from-key-national-health-and-nutrition-organizations/>

2. Lott M, Reed L, Deuman K, Story M, Craddock A, Patel AI. Healthy Beverage Consumption in School-Age Children and Adolescents: Recommendations from Key National Health and Nutrition Organizations. Consensus Statement. Durham, NC: Healthy Eating Research, 2025. Available at: https://healthyeatingresearch.org/wp-content/uploads/2024/11/HER_ConsensusStatement_FINAL.pdf

Breakfast: Cheesy Grits



10 MIN
PREP TIME

15 MIN
COOK TIME

6
SERVINGS

Ingredients

- 1 teaspoon unsalted butter
- 1 cup Cheddar cheese, shredded
- 1 small garlic clove, minced
- ½ cup quick cooking grits, not instant
- ½ cup lactose-free dairy milk, room temperature
- ¼ teaspoon salt
- 2 cups water

Directions

1. Heat water and salt in a medium saucepan over medium-high heat to boiling. Slowly whisk grits, butter and garlic into the boiling water; reduce heat to medium-low. Gradually whisk to prevent lumpy grits. Cover the pan and cook, stirring occasionally, until grits have thickened, about 5 minutes.
2. Add cheese, milk and paprika. Cook and stir until the cheese is melted.



Cheese is a good source of high-quality protein and provides other essential nutrients such as calcium, phosphorus, B12, selenium and iodine. Eating small amounts of aged, hard cheeses such as Parmesan, Cheddar and Swiss, which contain minimal lactose, may be an effective approach to manage lactose intolerance and still enjoy important nutrients dairy foods provide.

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Lunch:

Yogurt Marinated Chicken with a Kick



Yogurt's live and active cultures can support a healthy gut and help digest lactose. Additionally, it's an excellent source of high-quality protein, calcium, vitamin B12, selenium and iodine.

15 MIN
PREP TIME

30 MIN
COOK TIME

4 MIN
MARINADE TIME

4
SERVINGS

Ingredients

- **4 skinless boneless chicken breasts**

MARINADE:

- **1 cup plain Greek yogurt** (*fat level of choice*)
- **¼ cup fresh lemon juice**
- **¼ cup olive oil**
- **2 garlic cloves, minced**
- **2 teaspoons sweet paprika**
- **½ teaspoon salt**
- **½ teaspoon chili powder**
- **½ teaspoon ground cayenne red pepper**
- **¼ teaspoon black pepper**

Directions

1. Combine marinade ingredients in a small bowl; whisk until blended.
2. Place chicken in a food-safe resealable plastic bag; add marinade. Seal bag, pressing out as much air as possible. Turn bag over several times to coat chicken evenly. Refrigerate at least 4 hours or as long as overnight, turning once.
3. Heat grill to medium. Remove chicken from marinade; discard marinade. Grill chicken, turning occasionally, until temperature registers 160°F on an instant-read thermometer inserted into thickest part of chicken, 15-18 minutes.

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4. Pei R., Martin D. A., DiMarco D.M., Bolling B.W. Evidence for the effects of yogurt on gut health and obesity.Crit Rev FoodSciNutr. 2017;57(8):1569-1583.doi:10.1080/10408398.2014.883356

Dinner:

Salmon, Corn & Potato Chowder



Milk is an excellent source of iodine, which is necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.

20 MIN
PREP TIME

30 MIN
COOK TIME

6
SERVINGS

Ingredients

- **2 tablespoons unsalted butter**
- **1 pound fresh, skinless salmon fillet, cut into 1-inch pieces**
- **2 tablespoons olive or vegetable oil**
- **1 medium onion**
- **1 teaspoon salt**
- **2 cups sliced celery, about 3 stalks**
- **2 garlic cloves, minced**
- **1 ½ pounds petite or small red-skinned potatoes, scrubbed, cut into ¾-inch pieces**
- **8 cups chicken stock**
- **1 cup frozen corn**
- **½ cup frozen okra, cut into ½-inch pieces, optional**
- **½ teaspoon black pepper**
- **1 cup (8 ounces) plain Greek yogurt (fat level of choice), room temp.**
- **Minced parsley, optional**

Directions

1. Heat butter in a 6-quart saucepan or small Dutch oven over medium heat. Place salmon in the pan in a single layer; cook, turning once, until browned and cooked through, about 5 minutes. Cooking time will vary depending on the thickness of the salmon. Remove salmon to a plate; reserve.
2. Heat oil in the same pan over medium heat. Add onion and salt; sauté until onion is tender but not browned, about 4 minutes. Add celery and garlic; sauté 30 seconds. Add potatoes; stir to coat. Stir in stock, corn, okra, if using, and pepper. Bring to a boil; reduce heat to low. Cover and cook until potatoes are tender, about 8 minutes.
3. Remove soup from heat. Remove 3 cups of the soup and puree it in a blender until smooth. Add yogurt; process on low just until blended. Add puree, half at a time, to soup and mix well. Gently stir in the reserved salmon; heat through over low heat. Garnish with parsley, if using.

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3. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf Accessed February 23, 2021

Snack:

Fruit and Vanilla Yogurt Parfait



5 MIN
PREP TIME

1
SERVING



Dairy foods can enhance plant-packed plates. Animal sourced foods are often higher in protein, branch chain amino acids, iodine, iron, zinc, vitamin B12 and choline. Plant sourced foods are often higher in carbohydrates, fiber, vitamin A, vitamin C and other antioxidants so pair plants with dairy foods for a superfood power couple.

Ingredients

- 1 cup vanilla yogurt
- ½ cup rolled oats, granola or whole wheat cereal
- ½ cup fresh fruit, sliced (e.g., strawberries, pineapple, mango or blueberries)

Directions

1. Spoon yogurt into the bottom of a bowl or tall glass.
2. Add three tablespoons of cereal and 1/4 cup of fruit.
3. Repeat layers.
4. Top with remaining cereal and serve.

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2. Comerford KB, Miller GD, Boileau AC, Masiello Schuette SN, Giddens JC, Brown KA. Global Review of Dairy Recommendations in Food-Based Dietary Guidelines. *Front Nutr*. 2021; 8:671999. <https://doi.org/10.3389/fnut.2021.671999>

3. Food and Agriculture Organization of the United Nations and World Health Organization. Sustainable Healthy Diets: Guiding Principles. Rome, Italy. 2019. Available online: <https://www.fao.org/3/ca6640en/ca6640en.pdf>

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5. Food and Agriculture Organization of the United Nations. The contributions of livestock species and breeds to ecosystem services. Rome, Italy. 2016. Available online: <https://www.fao.org/3/i6482e/i6482e.pdf>

Snack:

Mango Kefir Smoothie



5 MIN
PREP TIME

2
SERVINGS



Kefir is a good dietary source of live microorganisms that offer gut health-promoting benefits. It has been found to improve lactose digestion.

Ingredients

- **2 cups frozen mango**
- **1 banana**
- **1 cup kefir**
- **1 cup Greek vanilla yogurt**

Directions

1. Place all ingredients into a blender and blend until smooth.

1. Hutkins, R.W. (2018). Microbiology and Technology of Fermented Foods, 2nd Edn. Hoboken, NJ: Wiley.
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3. Hertzler S., Savaiano D. A., Dilk A., et al. Nutrient considerations in lactose intolerance. In: Coulston A, Boushey C, Ferruzzi M, Delahanty L, eds. 4th ed. Nutrition in the Prevention and Treatment of Disease. New York, NY: Elsevier; 2017:875-892.



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