

Nutrient Contributions of Dairy Foods in the Diet of Adults Ages 19 to 50 Years

The dairy group (milk, cheese and yogurt) is a top contributor of many essential nutrients in the diet of adults 19-50 years old.¹

Calcium

- Calcium is a nutrient of public health concern according to the 2010 Dietary Guidelines for Americans.²
- The dairy group is the leading source of calcium for 19-50 year old adults - providing 49% of their daily calcium.
- White milk supplies 22% of total calcium in the diet.
- Flavored milk supplies another 1%.
- Cheese contributes 24% of their daily calcium.
- Yogurt and milk drinks supply 2% of calcium in their diet.

Potassium

- Many adults 19-50 years old are consuming below recommended intakes for potassium,³ a nutrient of public health concern according to the 2010 Dietary Guidelines for Americans.²
- Dairy is a significant contributor of potassium in the diet, contributing 13% of dietary potassium for 19-50 year old adults.
- Milk is the No. 1 food source of potassium – with white milk supplying 10% of the total potassium in the diet.
- Flavored milk contributes another 1% of potassium.
- Three percent of potassium in the diet is provided by cheese, yogurt and milk drinks.

Phosphorus

- Most of the population ages 19-50 years old are meeting their recommended intakes for phosphorus.⁴
- Milk and dairy products provide 26% of dietary phosphorus for 19-50 year old adults.
- Twelve percent of their daily phosphorus intake is from white milk and 1% of their intake is from flavored milk.
- Cheese contributes 13% to dietary phosphorus.
- The remaining phosphorus contributed by the dairy group is from yogurt and milk drinks (1%).

Protein

- Most adults ages 19-50 years old are meeting their recommended daily protein intake (0.66 g per kg body weight).³
- Dairy products provide 17% of protein in the diets of 19-50 year olds.
- White milk provides 7% of total dietary protein.
- Flavored milk provides less than 1% of the protein in the diet of 19-50 year olds.
- Cheese further contributes 9% of daily protein.
- Yogurt and milk drinks supply 1% of dietary protein.

Vitamin A

- Approximately six out of ten 19-30 year olds and about half of 31-50 year olds have inadequate daily intakes of vitamin A in their diet (625 retinol activity equivalents for men and 500 retinol activity equivalents for women).³
- The dairy group supplies 28% of the vitamin A in the diets of 19-50 year old adults.
- Fourteen percent of their total vitamin A is from white milk.
- Two percent of their vitamin A is from flavored milk.
- Cheese also contributes 11% to vitamin A intake.
- One percent comes from the rest of the dairy group - yogurt and milk drinks.

Vitamin D

- Vitamin D is a nutrient of public health concern according to the 2010 Dietary Guidelines for Americans.²
- Dairy is the largest contributor of vitamin D in the diet - supplying 54% in the diet of 19-50 year olds.
- Fortified milk is one of the few food sources of vitamin D in the diet.
- White milk supplies 46% of all vitamin D for adults 19-50 years old.
- Flavored milk provides another 3%.
- Five percent of vitamin D is contributed from cheese, yogurt and milk drinks.

Vitamin B₁₂

- Most men ages 19-50 years old are meeting their recommended intakes of vitamin B₁₂.³
- More than 90% of women 19-50 years old are meeting their recommended intakes of vitamin B₁₂.³
- These adults get 24% of vitamin B₁₂ from dairy foods.
- Fifteen percent of vitamin B₁₂ in their diet is from white milk.
- Cheese contributes another 8%.
- All other dairy foods supply 2% of vitamin B₁₂ in their diet - yogurt, flavored milk and milk drinks.

Riboflavin

- Most adults are meeting the recommended daily intakes for riboflavin.³
- Dairy foods are the main source of riboflavin in the diets of 19-50 year olds – providing almost a quarter of total intake (22%).
- White milk contributes 14% of riboflavin in the diet.
- Cheese contributes 6%.
- Flavored milk, yogurt and milk drinks provide 3% of the riboflavin in their diet.

Magnesium

- About half of 19-50 year olds are not meeting their estimated needs for magnesium.⁴
- Dairy supplies 11% of the magnesium in the diets of 19-50 year olds.
- White milk provides 6% in their diets.
- Cheese contributes 3% of their intakes.
- One percent of magnesium comes from flavored milk, yogurt and milk drinks.

Zinc

- Up to 13% of women and up to 6% of men 19-50 years old are falling short of recommended zinc intake.³
- Fifteen percent of the zinc in 19-50 year olds' diets is supplied by the dairy group.

- Six percent of all zinc is provided by white and flavored milk in their diet.
- Cheese contributes an additional 8% of the total zinc in their diet.
- Milk drinks and yogurt provide 1% of zinc in their diet.

Fat

- It is recommended that adults get 20-35% of their total calories from fat.²
- The average fat intake for adults 19-50 years old is 90 g which means 34% of their average calories (2409 total calories) are coming from fat.
- The dairy group contributes 5% of total calories from fat in the diet of 19-50 year olds.
- White milk supplies 1% of the total calories from fat in their diet.
- Cheese contributes 3% of the total calories from fat in their diet.
- Flavored milk, yogurt and milk drinks do not contribute a significant percentage of the total calories from fat in the diet of 19-50 year olds (less than 1%).
- In comparison, desserts, sweets, fats and oils contribute 12% of the calories from fat in the diet.

Saturated Fat

- The 2010 Dietary Guidelines for Americans recommend that less than 10% of calories should come from saturated fat.²
- The average saturated fat intake for adults ages 19 to 50 years old is 30 g, which is 11% of their daily calories (2409 total calories).
- The dairy group contributes 3% of calories from saturated fat in the diet of 19-50 year olds.
- White milk supplies 1% of the calories from saturated fat in their diet.
- Cheese contributes 2% of the calories from saturated fat in their diet.
- Flavored milk does not contribute a significant percentage of the calories from saturated fat in the diet of 19-50 year olds (less than 1%).
- Yogurt and milk drinks do not contribute a significant percentage of the calories from saturated fat in the diet of 19-50 year olds (less than 1%).

Sodium

- The average daily sodium intake for adults ages 19-50 years old (3,779 mg per day) is significantly greater than the recommendation of 2,300 mg per day for adults under 50 years old, and great than the 1,500 mg per day recommendation for African Americans or adults with hypertension, diabetes or chronic kidney disease who are encouraged to consume no more than 1,500 mg of sodium per day.²
- The dairy group contributes 10% of the sodium in the diet of 19-50 year olds.
- White milk supplies 2% of the sodium in the diet and flavored milk supplies less than 1%.
- Cheese contributes 8% of the sodium in the diet.
- Yogurt and milk drinks do not contribute a significant percentage of the sodium in the diet of 19-50 year olds (less than 1%).
- In general, sodium comes from a combination of several foods in the diet of adults 19-50 years.

Values include dairy in food mixtures (e.g. pizza, smoothies). Milk 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 caloric additions, including cocoa based milk drinks, malted milk and eggnog; includes milk substitutes such as soy beverage, which contributes less than 1% of total daily nutrient intakes.

1. Dairy Research Institute™. NHANES (2003-2006). 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, [2003-2004; 2005-2006]. [<http://www.cdc.gov/nchs/nhanes.htm>]
2. U.S. Department of Health and Human Services and U.S. Department of Agriculture. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S Government Printing Office, December 2010.
3. Moshfegh, Alanna; Goldman, Joseph; and Cleveland, Linda. 2005. *What We Eat in America*, NHANES 2001-2002: Usual Nutrient Intakes from Food and Water Compared to Dietary Reference Intakes. U.S. Department of Agriculture, Agricultural Research Service.
4. Moshfegh, Alanna; Goldman, Joseph; Ahuja, Jaspreet; Rhodes, Donna; and LaComb, Randy. 2009. *What We Eat in America*, NHANES 2005-2006: Usual Nutrient Intakes from Food and Water Compared to 1997 Dietary Reference Intakes for Vitamin D, Calcium, Phosphorus, and Magnesium. U.S. Department of Agriculture, Agricultural Research Service.

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