

Nutrient Contributions of Dairy Foods in the Diet of Adults Over 50 Years Old

The dairy group (milk, cheese and yogurt) is a top contributor of many essential nutrients in the diet of adults over the age of 50 years.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 adults over 50 years old - providing 45% of the daily calcium.
- White milk supplies 24% of the total calcium in their diet.
- Cheese contributes 17% of their daily calcium.
- Flavored milk, yogurt and other milk drinks supply 4% of calcium in their diet.

Potassium

- Many adults over 50 years old are consuming less than the recommended intakes for potassium,³ a nutrient of public health concern according to the 2010 Dietary Guidelines for Americans.²
- Dairy is a substantial contributor of potassium - providing 12% of the dietary potassium for adults over 50 years old.
- White milk supplies 9% of the total potassium in their diet – the No. 2 food source.
- Cheese contributes 1% of their potassium.
- Another one percent of their potassium is provided by yogurt, flavored milk and milk drinks.

Phosphorus

- Most adults over 50 years old are meeting the recommended intakes for phosphorus.⁴
- Dairy foods provide 24% of the dietary phosphorus for adults over 50 years old.
- Thirteen percent of their daily phosphorus intake is from white milk.
- Cheese contributes 9% to dietary phosphorus.
- The remaining phosphorus contributed by the dairy group is from flavored milk, yogurt and milk drinks (2%).

Protein

- Most men ages 50 years and older are meeting the recommended 0.66 g per kg body weight for daily protein.³
- Seven percent of women 51-70 years old and 11% of women over 70 years old are not meeting the recommended 0.66 g per kg body weight for daily protein.³
- Dairy products provide 16% of the protein in the diets of people over the age of 50 years.
- White milk provides 7% of total dietary protein.
- Cheese further contributes 7% of daily protein.
- Yogurt, flavored milk and milk drinks supply 1% of their dietary protein.

Vitamin A

- More than half of men over 50 years old do not consume the recommended vitamin A (625 retinol activity equivalents per day).³
- About four out of ten women over 50 years old do not consume the recommended amount of vitamin A (500 retinol activity equivalents per day).³
- The dairy group supplies 21% of the vitamin A in the diets of individuals over the age of 50 years.
- Milk is the No. 1 food source of vitamin A in their diet – with white milk providing 14% of total vitamin A.
- Cheese also contributes about 7% to vitamin A intake.
- One percent of vitamin A comes from the rest of the dairy group - flavored milk, 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 by far the largest contributor of vitamin D in the diet of older adults over 50 years, supplying about half of their vitamin D intake.
- Fortified milk is one of the few food sources of vitamin D in the diet.
- Milk is the leading source of vitamin D – with white milk providing 44% to their diets.
- Cheese provides another 2%.
- Three percent of vitamin D is contributed from flavored milk, yogurt and milk drinks.

Vitamin B₁₂

- While vitamin B₁₂ fortified foods and supplements are encouraged for adults over age 50,² naturally occurring food sources of this vitamin are also important to help this population group meet their needs.
- Dairy products supply 23% of the vitamin B₁₂ in the diet of older adults over 50 years old.
- Fifteen percent of the vitamin B₁₂ in their diet is from white milk, the No. 2 food source.
- Cheese contributes 5% of their vitamin B₁₂.
- All other dairy foods supply an additional 2% of vitamin B₁₂ in the diet - yogurt, flavored milk and milk drinks.

Riboflavin

- Most adults over age 50 are meeting the recommended intakes for riboflavin.³
- The dairy food group contributes 20% of the riboflavin in the diet of those over age 50.
- Milk is the No. 1 food source of riboflavin in the diet of adults over 50 years old – with white milk contributing 14% of riboflavin in the diet.
- Cheese also contributes 4%.
- Flavored milk, yogurt and milk drinks provide 2% of the riboflavin in their diet.

Magnesium

- About 60% of men and women over 50 years old are not meeting their recommended magnesium intakes.⁴
- The dairy food supplies 10% of the magnesium in the diets of those over 50 years old.
- White milk provides 7% of the magnesium in their diet.
- Cheese contributes a little more than 2% of intake.
- One percent of magnesium comes from flavored milk, yogurt and milk drinks.

Zinc

- About 20% of individuals 51-70 years old are falling short of recommended zinc intake.³
- Similarly, about one-third of adults over 70 years old are also not meeting recommended zinc intake.³
- Thirteen percent of the zinc in the diets of adults over 50 years 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 6% of the total zinc in their diet.
- Milk drinks and yogurt provide 1% of zinc in their diet.

Fat

- It is recommended that older adults get 20-35% of their total calories from fat².
- The average fat intake for adults over 50 years old is 74 g which means 35% of their average calories (1900 total calories) are coming from fat.
- The dairy group contributes 4% of total calories from fat in the diet of individuals over age 50.
- 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 diets of people over age 50 (less than 1%).
- In comparison, desserts, sweets, fats and oils contribute 14% of the calories from fat in their 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 over 50 years old is 24 g, which is 12% of their daily calories (1900 total calories).
- The dairy group contributes 2% of calories from saturated fat in their diet.
- White milk supplies about 1% of the calories from saturated fat in their diet.
- Cheese contributes 2% of the calories from saturated fat in their diet.
- Yogurt, flavored milk and milk drinks do not contribute a significant percentage of the calories from saturated fat in the diets of adults over 50 years old (less than 1%).

Sodium

- The average daily sodium intake for adults 50 years and older (3,087 mg) is double the 2010 Dietary Guideline's recommendation of 1,500 mg per day for older adults.²
- The dairy group contributes 9% of the sodium in the diet of people over 50 years old.
- White milk supplies 2% of their dietary sodium intake.
- Cheese contributes 6% of the sodium in their diet.
- Less than 1% of sodium in their diet is contributed by flavored milk, yogurt and milk drinks.
- In general, sodium comes from a combination of several foods in the diets of adults 51 years and older.

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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