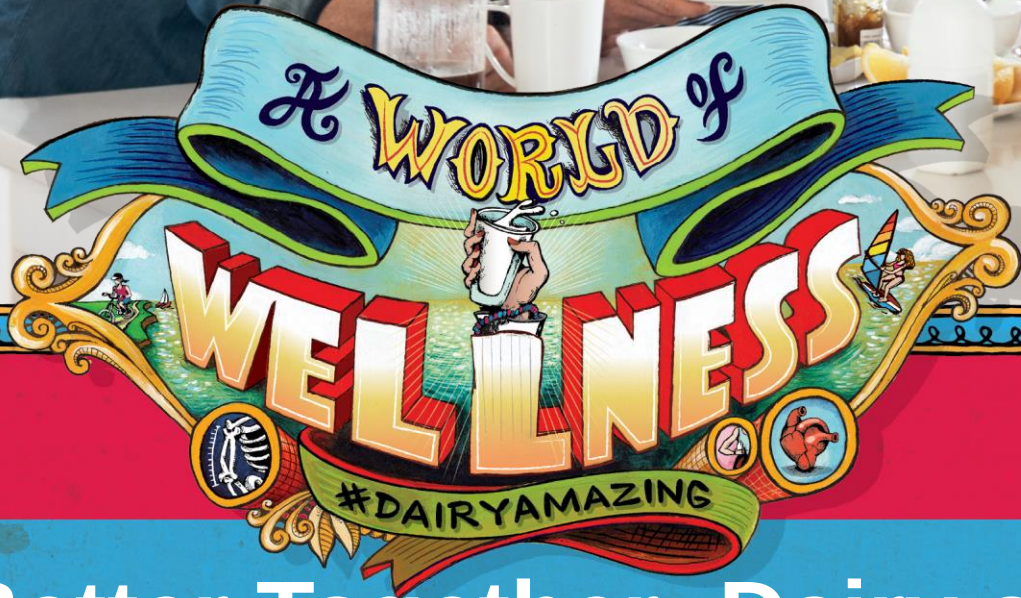
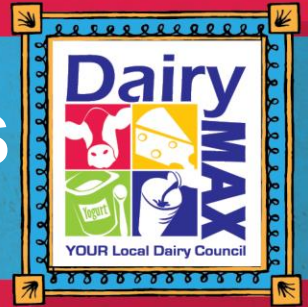


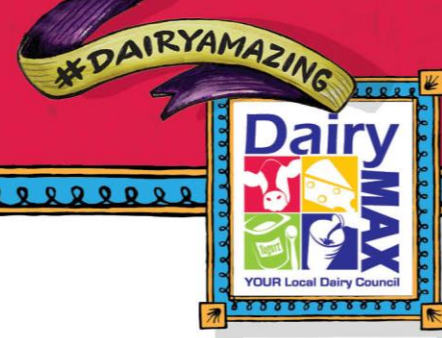


Better Together: Dairy and Plants

Cindy Kleckner, RDN, LD, FAND
Cynthia L. Kleckner, LLC

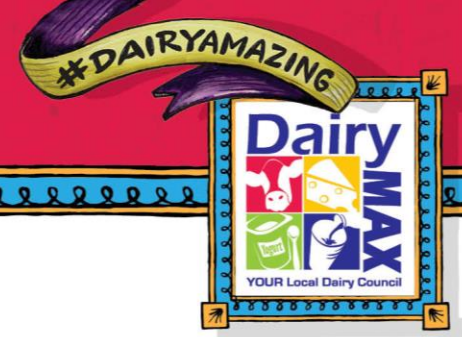


Disclosures



- Health and Wellness Advisory Council Member,
Dairy MAX
- Co-author, *DASH Diet for Dummies*, 2nd edition
John Wiley & Sons, Inc., 2020

Objectives



- Translate the science behind the 2020-2025 Dietary Guidelines for Americans into practical, healthy food choices
- Discuss how trending diets can play a role in sound nutrition advice for patients
- Debunk common myths surrounding dairy avoidance and discuss the vital role of dairy foods in health eating patterns



2020-2025 Dietary Guidelines for Americans

Make Every Bite Count

Healthy Eating Index



Figure I-1

Adherence of the U.S. Population to the *Dietary Guidelines* Over Time, as Measured by the Average Total Healthy Eating Index-2015 Scores



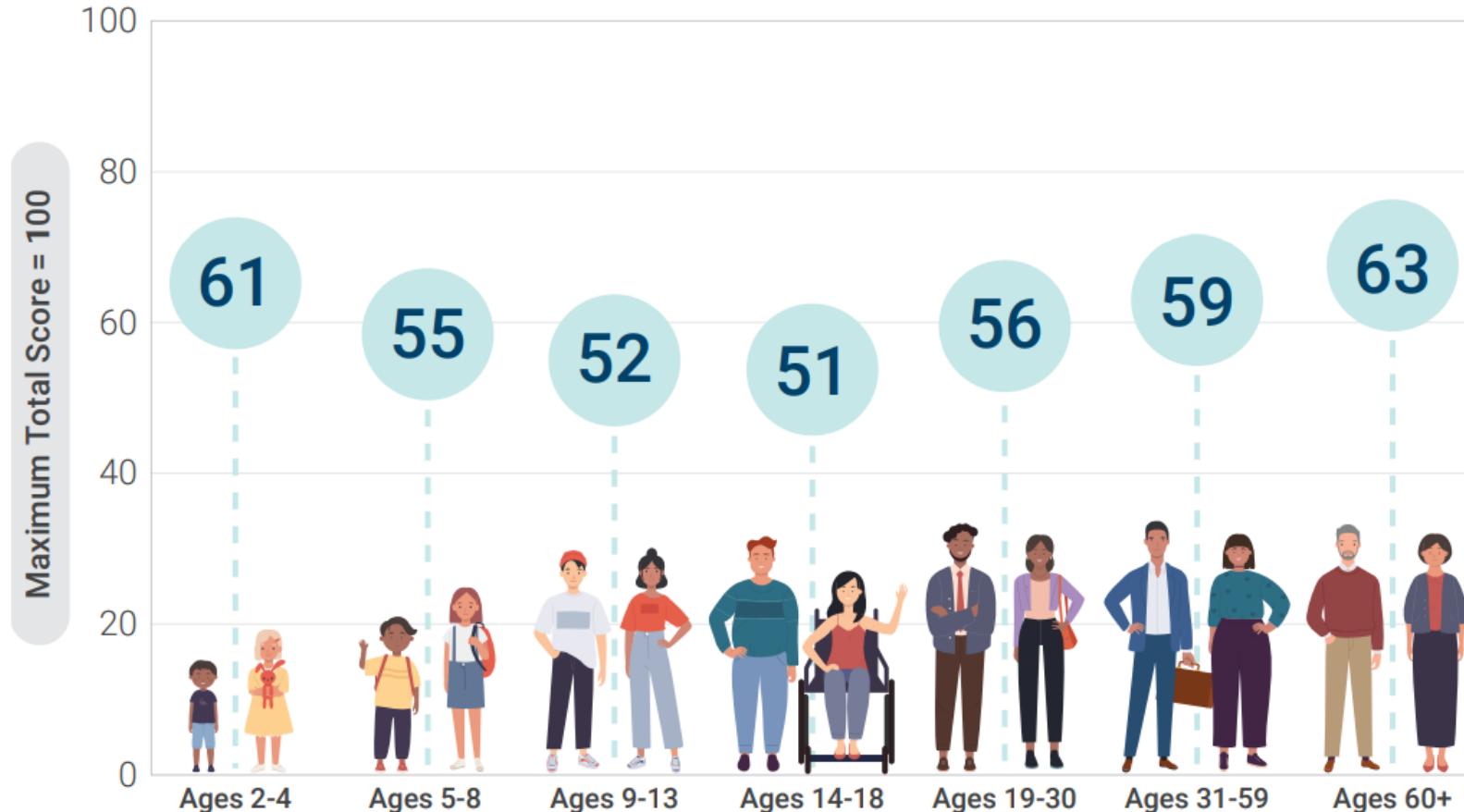
NOTE: HEI-2015 total scores are out of 100 possible points. A score of 100 indicates that recommendations on average were met or exceeded. A higher total score indicates a higher quality diet.

Data Source: Analysis of What We Eat in America, National Health and Nutrition Examination Survey (NHANES) data from 2005-2006 through 2015-2016, ages 2 and older, day 1 dietary intake data, weighted.

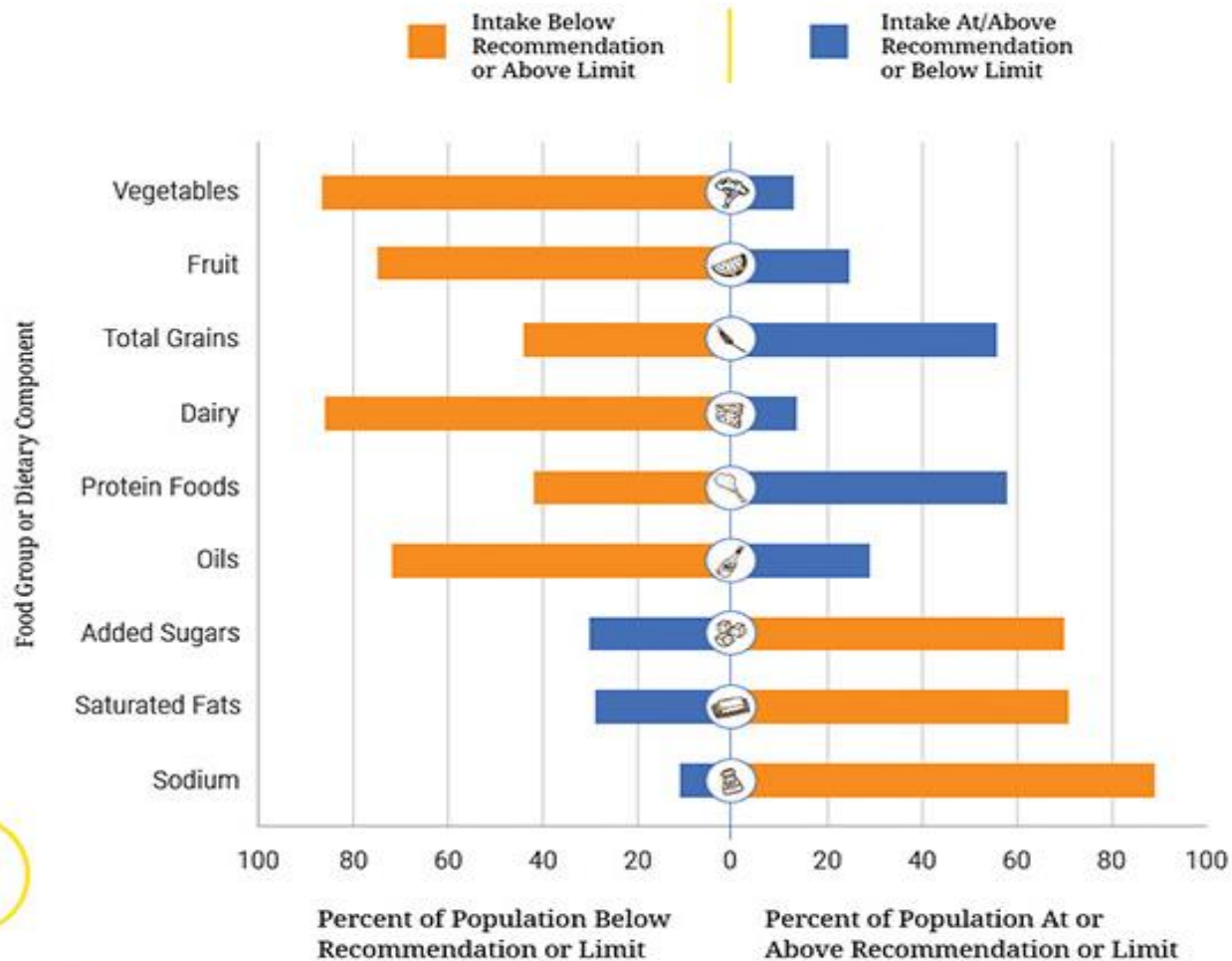
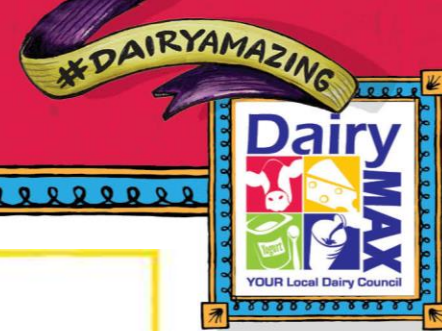
Most Americans Don't Meet DGA Recs



Adherence of the U.S. Population to the *Dietary Guidelines* Across Life Stages, as Measured by Average Total Healthy Eating Index-2015 Scores



Current Eating Patterns in the U.S.

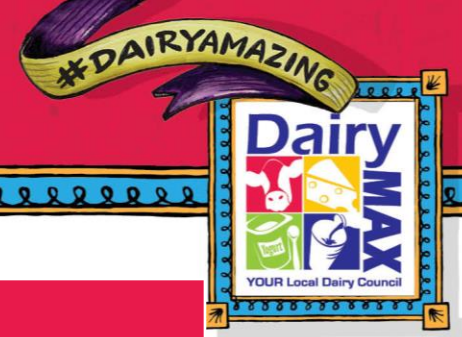


2020-2025 Dietary Guidelines for Americans



- Published by USDA and HHS on December 29, 2020
- Official guidance on nutrition and health for Americans across the entire lifespan
- Publication is required under the 1990 National Nutrition Monitoring and Related Research Act and must be updated every 5 years

Promote Health and Reduce Chronic Illness Across the Lifespan



Age	Benefits of Healthy Eating
Birth-23 months	Lower risk of overweight and obesity Lower risk of type 1 diabetes Adequate iron status and lower risk of iron deficiency Lower risk of peanut allergy Lower risk of asthma
Pregnant & lactating women	Favorable cognitive development in the child Favorable folate status in women during pregnancy and lactation
Children & adolescents	Lower adiposity Lower total and LDL cholesterol
Adults, including older adults	Lower risk of all-cause mortality Lower risk of CVD, type 2 diabetes, and cancers of the breast colon and rectum Lower risk of CVD mortality Lower total and LDL cholesterol Lower blood pressure Lower risk of obesity Lower BMI, waist circumference, and body fat Favorable bone health, including lower risk of hip fractures

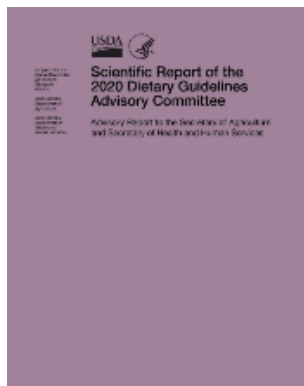
Purpose of the DGA



- Provides healthcare professionals with evidence-based communication and tools
- Informs U.S. federal food and nutrition policies and nutrition assistance programs



DGA Impacts Nutrition Policy and the Health and Wellness Marketplace



Policy

Marketing
Labeling
Reformulation

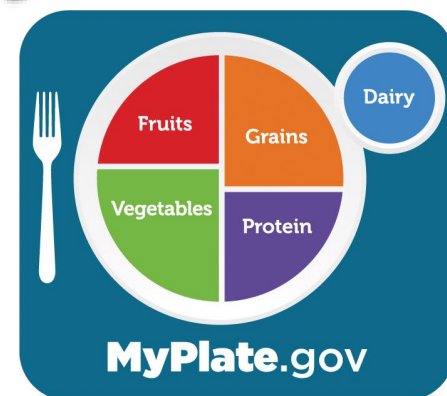
Nutrition
Education



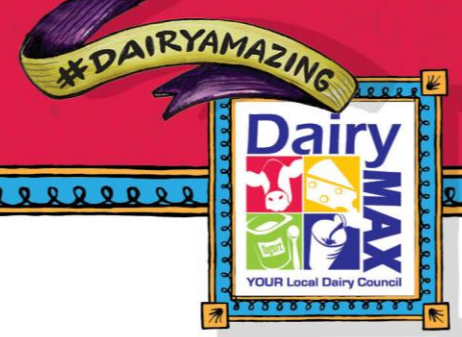
National School Lunch Program
School Breakfast Program

Nutrition Facts	
Serving size	1 container (240 mL)
Amount per serving	
Calories	220
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 6g	29%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 200mg	9%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	3%
Total Sugars 25g	
Includes 15g Added Sugars	28%
Protein 9g	
Vitamin D 3mcg	15%
Calcium 276mg	20%
Iron 1mg	6%
Potassium 475mg	10%
Vitamin A 91mcg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



2020-2025 DGA Guidelines: A Customizable Framework



The Guidelines

Make every bite count
with the *Dietary Guidelines for Americans*. Here's how:



DGA emphasizes four
“guidelines” to help
Make every bite count

2020-2025 DGA Highlights



Adopted a **life stage and dietary patterns approach**, like the 2015-2020 DGA



Provides recommendations for **pregnancy, lactation and birth to 23 months populations** for the first time in DGA history



Maintains current recommendations for **added sugar and saturated fat** both at less than 10% of total daily energy



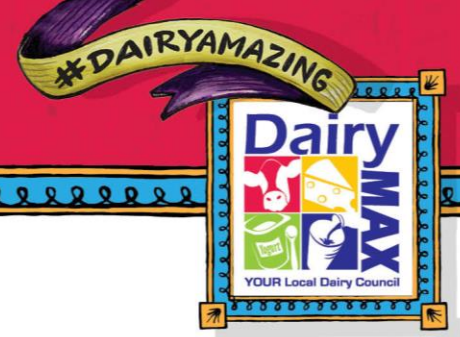
Maintains current recommendations for **alcohol**
 $\leq 1/\text{day}$ for women
 $\leq 2/\text{day}$ for men



Supports tailoring dietary choices due to external factors, such as:

- **Personal preference**
- **Cultural foodways**
- **Budget**

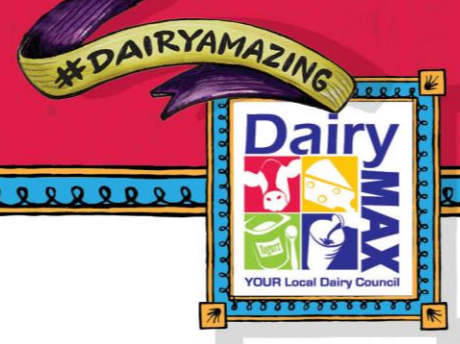
Framework for a Healthy Eating Pattern



- Healthy American eating pattern
- Healthy Mediterranean eating pattern
- Healthy Vegetarian eating pattern



What is an Eating Pattern?



- Eating pattern would be considered a recommended diet
- Represents the total amount of what individuals eat and drink
- All of the parts of the pattern work synergistically to affect health
- Eating patterns may better predict overall health status compared to individual foods or nutrients
- When eating patterns are established early in life and sustained, the impact on health can be significant

Nutrient Rich Choices



Typical Burrito Bowl
Total Calories = 1,120

Nutrient-Rich Burrito Bowl
Total Calories = 715

White rice (1½ cups)

Brown rice (1 cup) + Romaine lettuce (½ cup)

Black beans (½ cup)

Black beans, reduced sodium (⅓ cup)

Chicken cooked with sauce (2 ounces)

Grilled chicken with spice rub (2 ounces)

No grilled vegetables

Added grilled vegetables (⅓ cup)

Guacamole (½ cup)

Sliced avocado (5 slices)

Jarred salsa (¼ cup)

Fresh salsa/pico de gallo (¼ cup)

Sour cream (¼ cup)

No sour cream

Cheese (⅓ cup)

Reduced-fat cheese (⅓ cup)

Jalapeño (5 slices)

Jalapeño (5 slices)

Iced tea with sugar (16 ounces)

Iced tea, no sugar (16 ounces)

2020-2025 DGA Highlights for Dairy



Dairy remains its own food group



Healthy dietary patterns that include dairy are linked to positive health across the lifespan



Dairy milk has a unique nutrient package

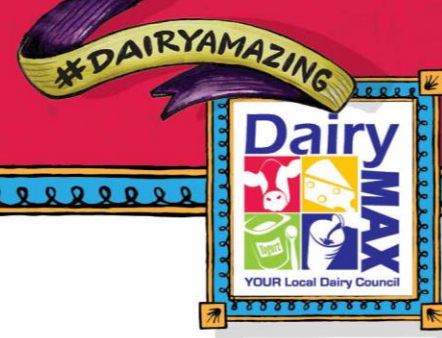


First ever recommendations for birth-23 months include yogurt and cheese as complementary foods



“Most choices” for dairy foods should be low-fat and fat-free

Dairy Helps Close Nutrient Gaps



- The 2020-2025 DGA notes that nearly **90% of the U.S. population does not meet dairy recommendations**
- **Dairy** foods are important sources of calcium, vitamin D and potassium in the **American diet** – 3 of the 4 nutrients of public health concern
- Dietary components to limit included added sugars, **saturated fat** and sodium



Why is it important to eat/drink dairy?

Consuming dairy products provides health benefits — especially building and maintaining strong bones. Foods in the Dairy Group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein.

Dairy Recs for Americans 2+ years

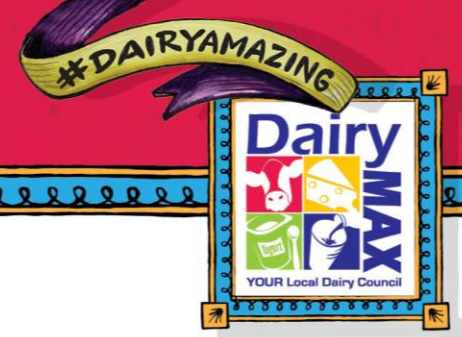


- **3 servings of low-fat or fat-free dairy/day persists** for 9+ years in the Healthy U.S.-Style Dietary Pattern
- Serving recommendations remain unchanged for children 2-8 years
- Dairy recommendations (for adults 19+) within dietary patterns align with 2015-2020 DGA
 - Healthy U.S.-Style: 3 servings/day
 - Healthy Vegetarian: 3 servings/day
 - Healthy Mediterranean-Style: 2 servings/day
 - Healthy 9-18 years of age: 3 servings/day



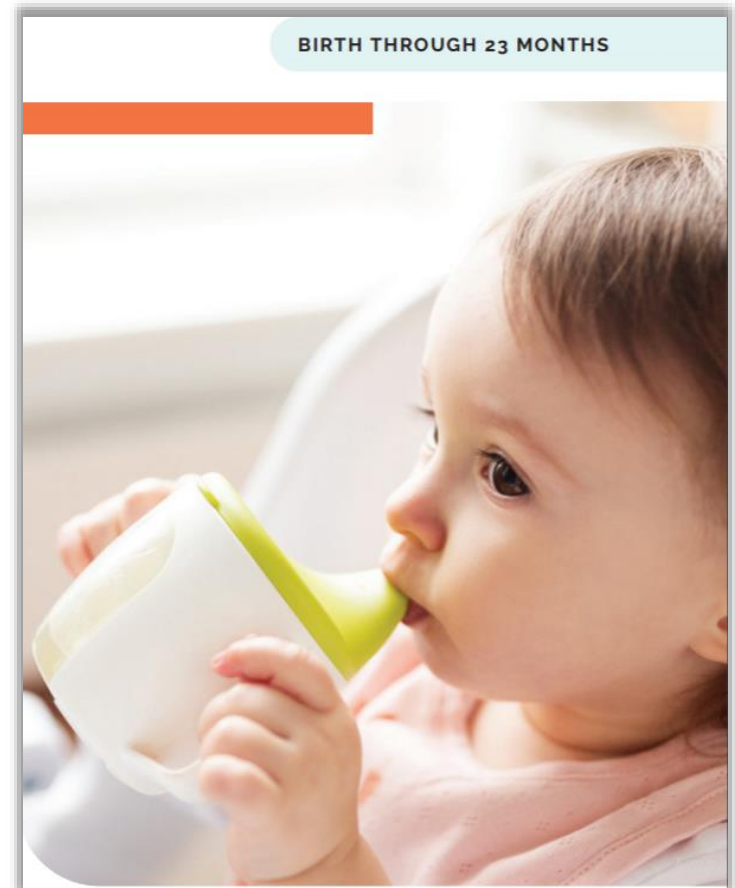
Daily Recommendation					
Children	2-3 yrs	2 cups	Women	19-30 yrs	3 cups
	4-8 yrs	2½ cups		31-50 yrs	3 cups
Girls	9-13 yrs	3 cups		51+ yrs	3 cups
	14-18 yrs	3 cups	Men	19-30 yrs	3 cups
Boys	9-13 yrs	3 cups		31-50 yrs	3 cups
	14-18 yrs	3 cups		51+ yrs	3 cups

NEW: Dairy Rec for 6 to 23 Months

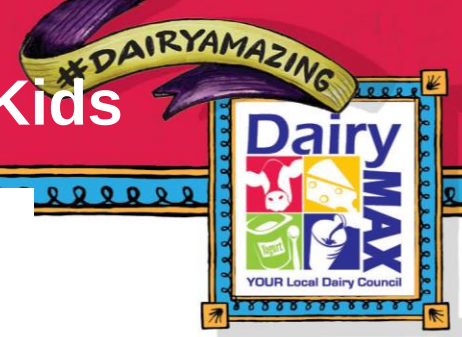


- For the first time, the 2020-2025 DGA provided dairy recommendations for infants and toddlers:
 - **6-12 months:** Cheese and plain yogurt can be offered as complementary foods
 - **12-23 months:**
 - 1 $\frac{2}{3}$ -2 servings* of whole milk, reduced-fat cheese, reduced-fat plain yogurt per day advised for those who no longer consume human milk or formula
 - No flavored milk to avoid added sugar content

*Heathy U.S.-Style Dietary Pattern



Milk and Water are Go-To Beverages for Kids



HEALTHY DRINKS. HEALTHY KIDS.

Research shows that what children drink from birth through age five has a big impact on their health – both now and for years to come. While every child is different, the nation's leading health organizations agree that for most kids, the following recommendations can help to set children on a path for healthy growth and development. As always, consult with your health care provider about your child's individual needs.

ALL KIDS 5 AND UNDER

All kids 5 and under should avoid drinking flavored milks, toddler formulas, plant-based/non-dairy milks*, caffeinated beverages and sugar- and low-calorie sweetened beverages, as these beverages can be big sources of added sugars in young children's diets and provide no unique nutritional value.

0-6 MONTHS



Babies need only **breast milk** or **infant formula** to get enough fluids and proper nutrition.

6-12 MONTHS



In addition to **breast milk** or **infant formula**, offer a small amount of drinking **water** once solid foods are introduced to help babies get familiar with the taste – just a few sips at meal times is all it takes. It's best for children under 1 not to drink juice. Even 100% fruit juice offers no nutritional benefits over whole fruit.

12-24 MONTHS



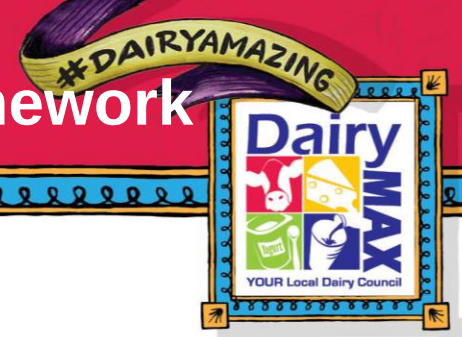
It's time to add **whole milk**, which has many essential nutrients, along with plain drinking **water** for hydration. A small amount of juice is ok, but make sure it's 100% fruit juice to avoid added sugar. Better yet, serve small pieces of real fruit, which are even healthier.

2-5 YEARS



Milk and **water** are the go-to beverages. Look for milks with less fat than whole milk, like skim (non-fat) or low-fat (1%). If you choose to serve 100% fruit juice, stick to a small amount, and remember adding water can make a little go a long way!

Customizing the Dietary Guidelines Framework

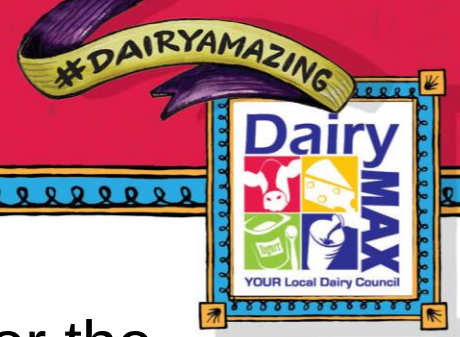


- Vegetables

- Dark-Green Vegetables: All fresh, frozen and canned dark green leafy vegetables and broccoli, cooked or raw.
- Red and Orange Vegetables: All fresh, frozen and canned red and orange vegetables or juice, cooked or raw.
- Beans, Peas, Lentils: All cooked from dry or canned beans, peas, chickpeas and lentils.
- Starchy Vegetables: All fresh, frozen and canned starchy vegetables
- Other Vegetables: All other fresh, frozen and canned vegetables, cooked or raw

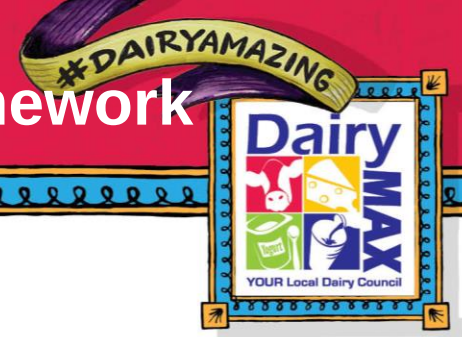


Beans, Peas and Lentils



- Beans, peas and lentils is the new name for the vegetable subgroup formerly called “legumes”
- Including beans, peas and lentils, which are also known as “pulses” including the dried edible seeds of legumes
- Foods in the vegetable group have not changed, but the name more accurately reflects the category of foods included
- Edamame is counted in the subgroup even though it is eaten fresh and not dried
- The subgroup can be counted as either a vegetable or protein not both! Green peas (starchy vegetable subgroup) and green string beans (other vegetable subgroup) are not counted in the subgroup because the nutrient contents are more similar to vegetables in other subgroups.

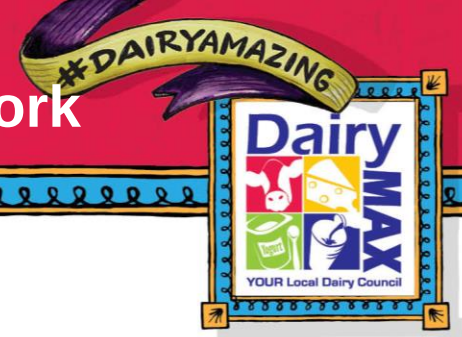
Customizing the Dietary Guidelines Framework



- Fruits
 - All fresh, frozen, canned and dried fruits and 100% fruit juices
- Grains
 - Whole grains: All whole-grain products and whole grains used as ingredients. Examples: brown rice, whole-grain cornmeal, whole wheat bread
 - Refined grains: All refined-grain products and refined grains used as ingredients; all refined products and refined grains should be enriched; Examples: white bread, cream of wheat, masa, pasta, white rice



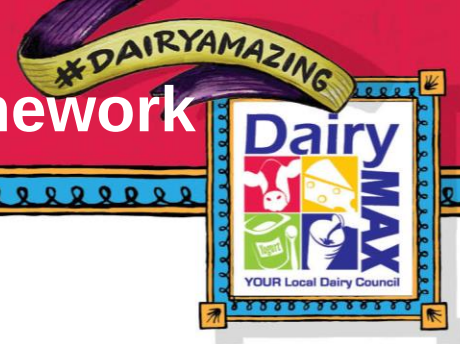
Customizing the Dietary Guidelines Framework



- Dairy and Fortified Soy Alternatives
 - All fluid, dry, or evaporated milk, including lactose-free and lactose-reduced products and fortified soy beverages (soy milk), buttermilk. Yogurt, kefir, frozen yogurt, dairy desserts, and cheeses. Most choices should be fat-free or low-fat. Cream, sour cream and cream cheese are not included due to their low calcium content.

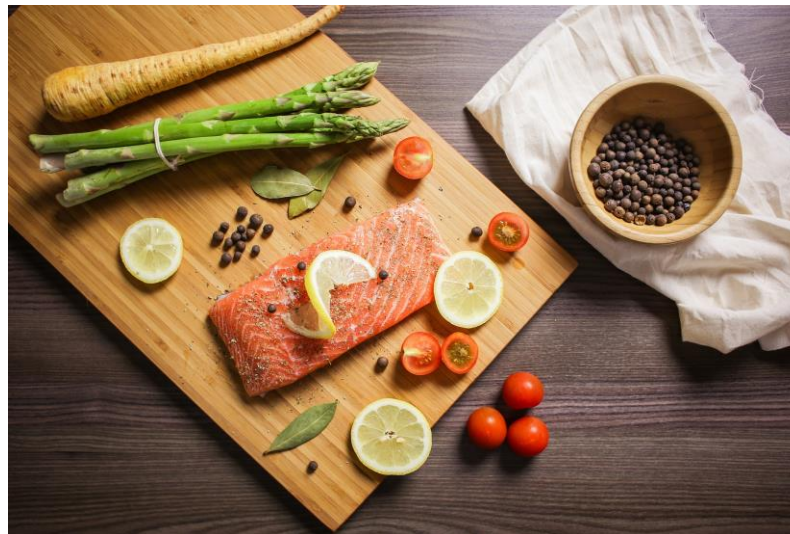


Customizing the Dietary Guidelines Framework



- Protein Foods

- Meat, Poultry, Eggs: Meats include beef, goat, lamb, pork, and game meat. Poultry includes chicken, Cornish hens, duck, game birds. Organ meats include giblets, gizzards, etc. Eggs include chicken eggs and other birds' eggs.
- Seafood that are lower in methylmercury.
- Nuts, Seeds, Soy Products: Nuts and seeds include all nuts, nut butters, seeds and seed butters. Soy includes tofu, tempeh, and products made from soy flour, soy protein isolate and soy concentrate.

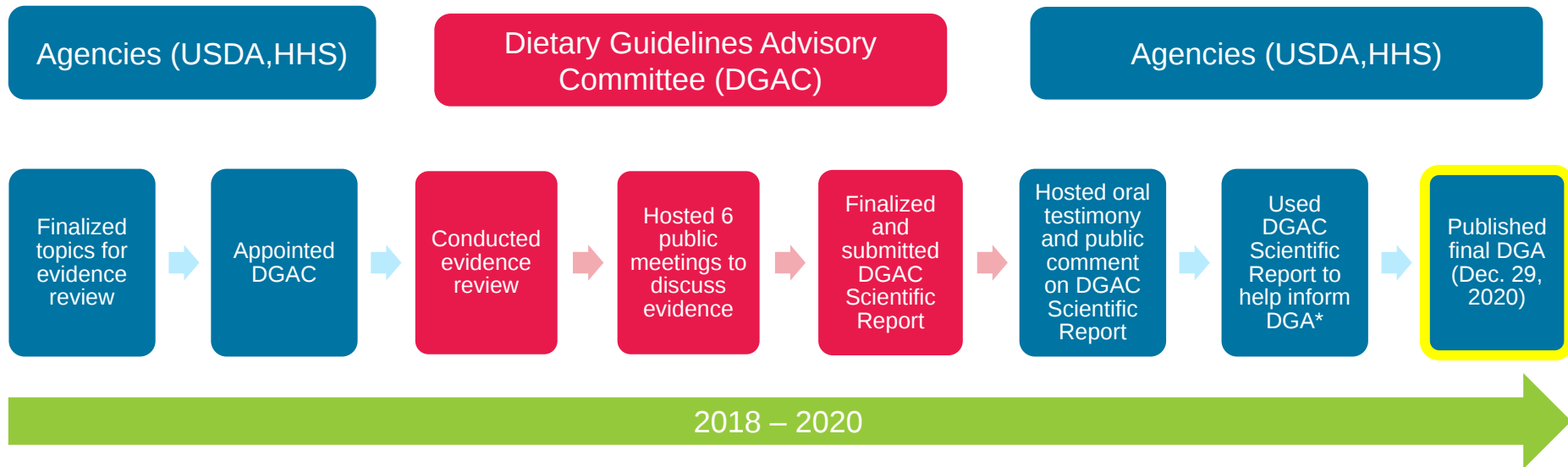




2020-2025 Dietary Guidelines for Americans

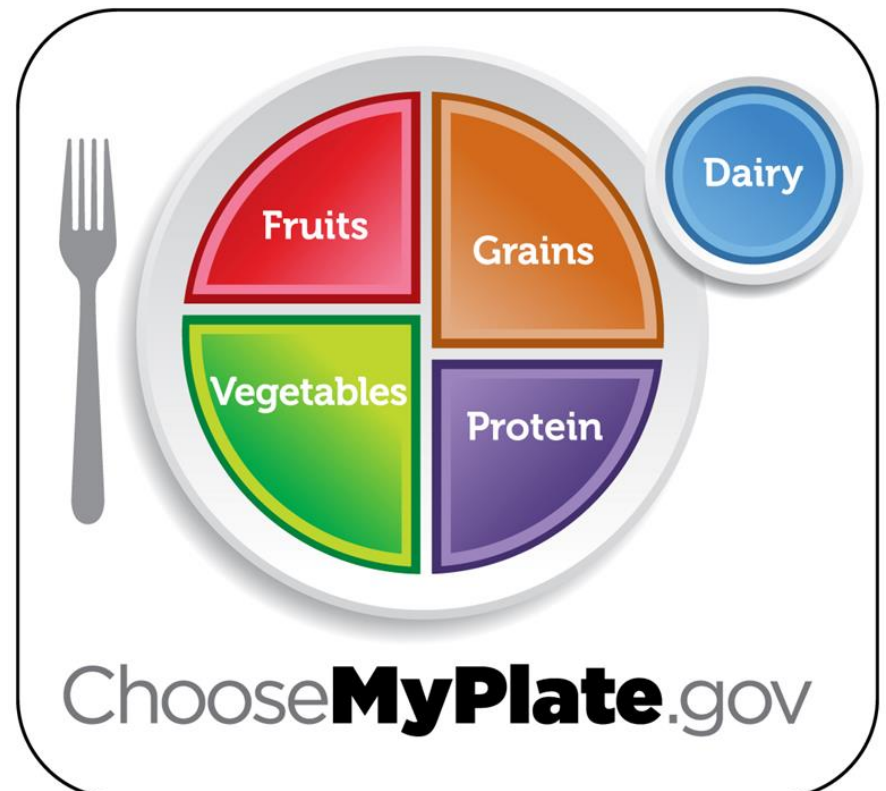
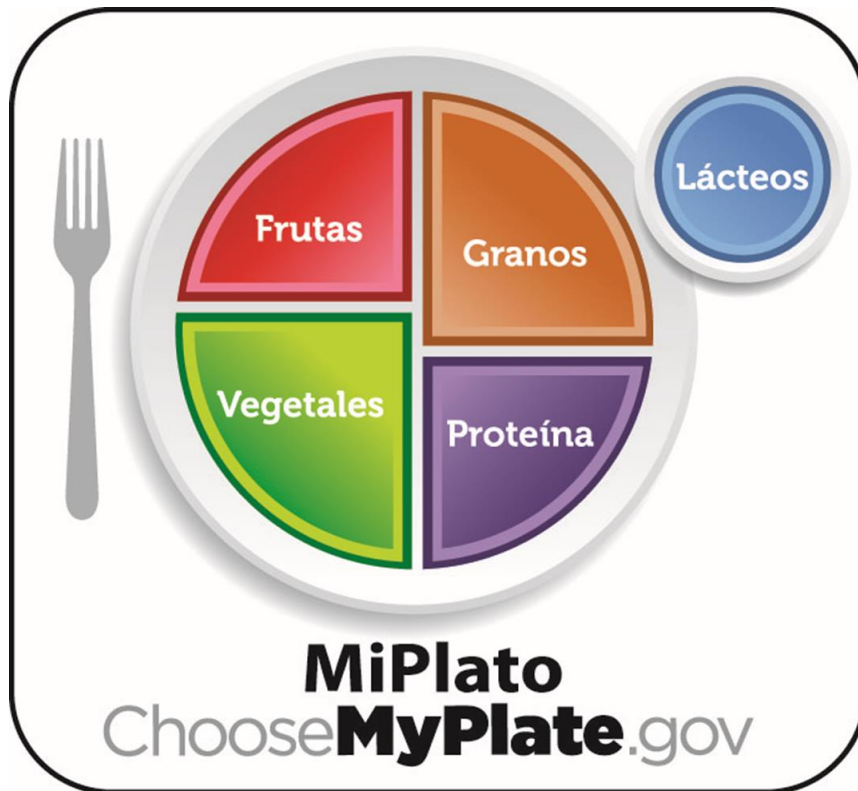
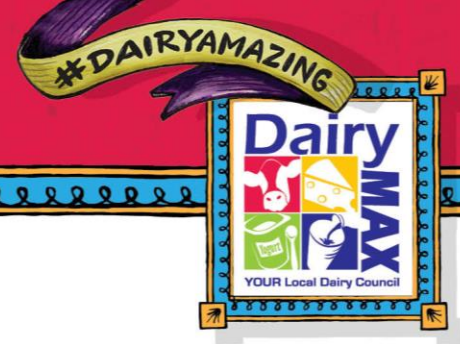
Process Overview and Implementation

Key Milestones to Develop the DGA



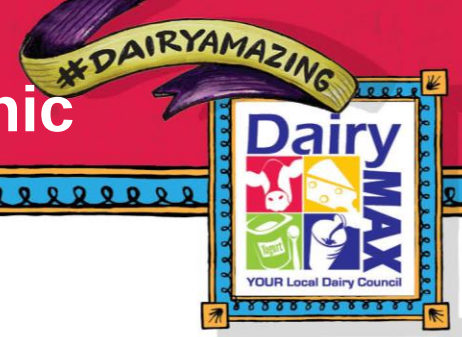
*In addition to input from the public and other Federal Agencies

Putting Science into Action



Available at: MyPlate.gov/myplate-plan

People Lack Familiarity with MyPlate Graphic

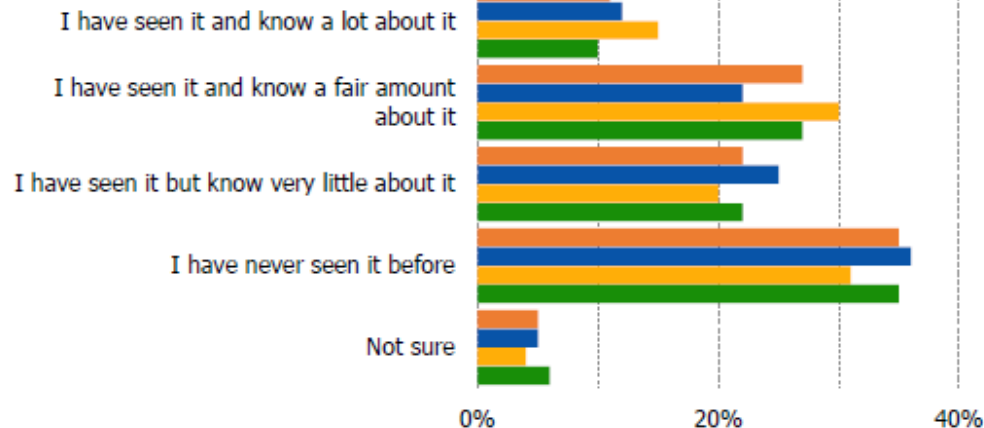


Over One-Third Have Never Seen MyPlate

Female consumers and consumers who have tried a diet in the past year are particularly familiar with the icon

Familiarity with the MyPlate Graphic

2019 2018 2017 2016



60%

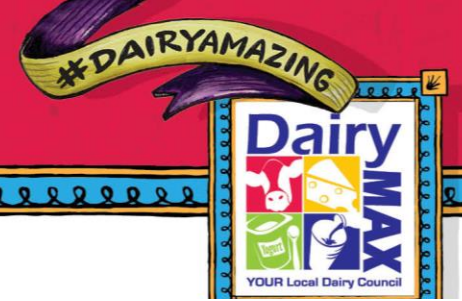
Have seen the MyPlate graphic

46%

Of women know at least a fair amount about the MyPlate graphic compared to 30% of men

Q2: How familiar are you, if at all, with the following graphic? (n=1,012)

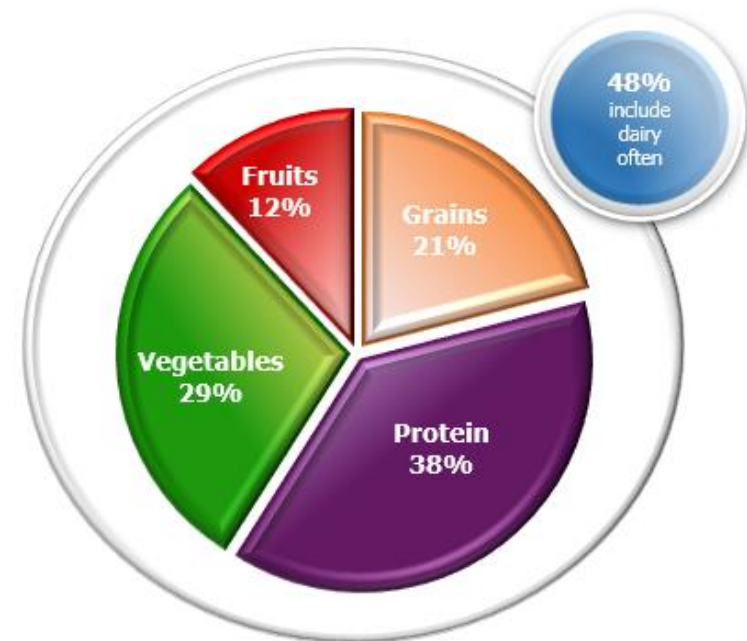
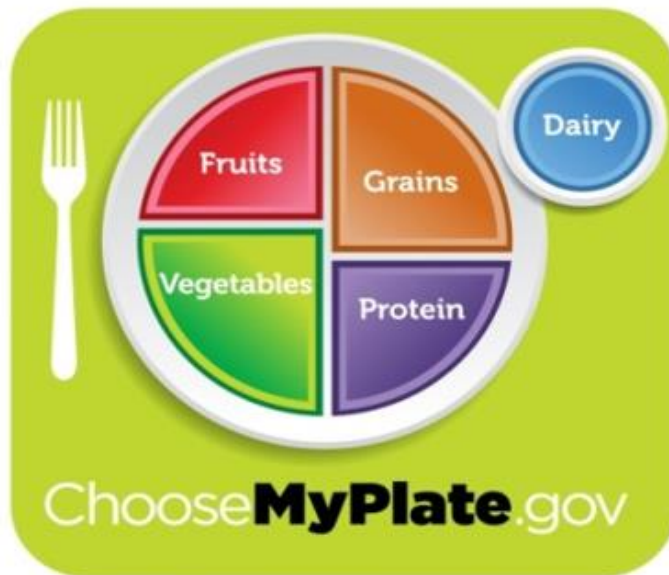
MyPlate vs. Your Plate



A Typical Dinner Plate is Mismatch to MyPlate

Americans report getting less fruits and vegetables, and more protein, than is recommended by MyPlate

My Plate Vs. What Consumers Say Is On Their Plate



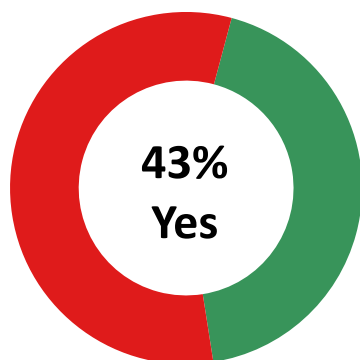
Q2: Thinking about your average dinner, what percentage of your plate would contain each of the following types of food? Please note, your response must total to 100%. (n=1,009)
Q3: Thinking about your average dinner, about how often do you include a serving of dairy (ex: milk, cheese, yogurt, etc.)? (n=1,009)

More Americans followed a diet in 2020 than in 2019



Intermittent fasting has edged out clean eating as the most common diet followed

Followed A Diet in Past Year?

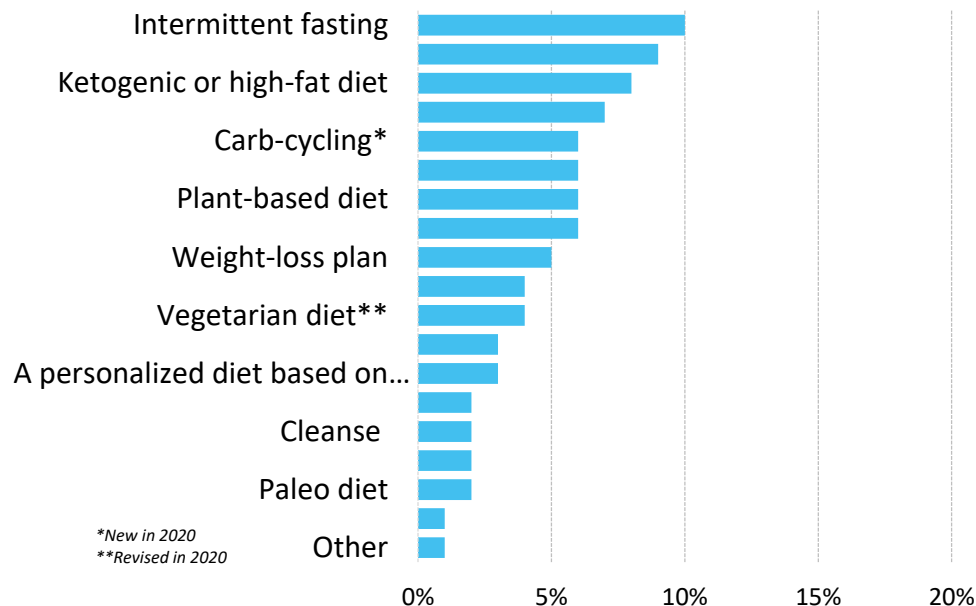


↑
Up from
2019 (38%)

58% of consumers age 18-34 report trying a diet (vs. 37% ages 35+)

57% of consumers with children under 18 report trying a diet (vs. 38% without kids)

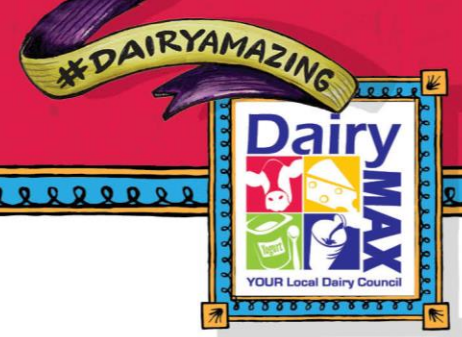
Type of Diet Followed



Q30 (REVISED TREND): Have you followed any specific eating pattern or diet at any time in the past year? Select all that apply. (n=1,011)

Source: 2020 Food & Health Survey

U.S. News Best Diet Rankings



Best Overall Diet:

Mediterranean Diet
DASH Diet (tie)
Flexitarian Diet (tie)

Best Heart Healthy:

DASH Diet (tie)
Mediterranean Diet (tie)
Ornish Diet (tie)

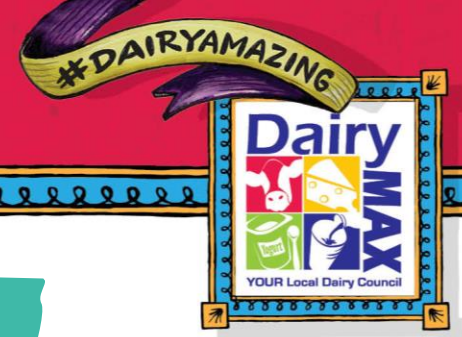
Best Diet for Healthy Eating:

DASH Diet (tie)
Mediterranean Diet (tie)
Flexitarian Diet



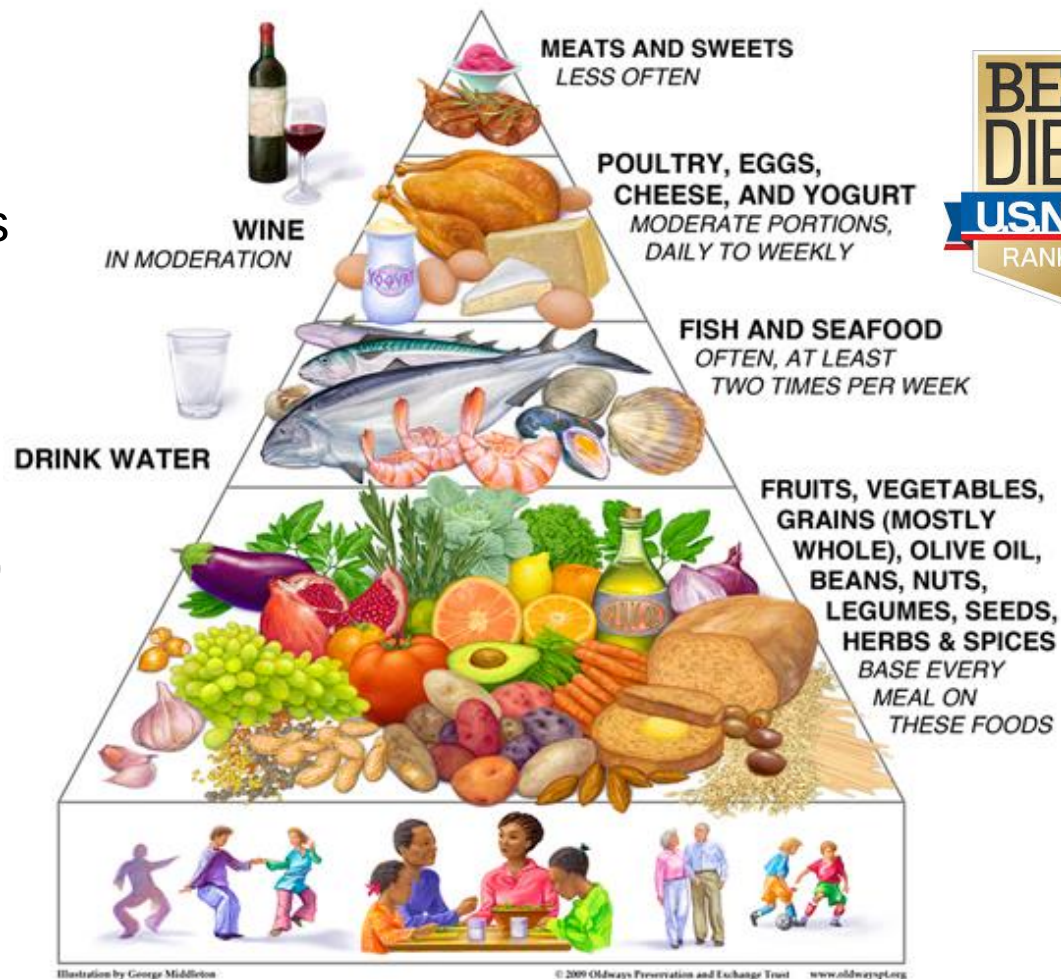
- The publication bases the designation on several criteria:
 - ✓ Nutritional value
 - ✓ Heart Health
 - ✓ Diabetes
 - ✓ Safety
 - ✓ Ease of use
 - ✓ Effectiveness for short-and-long-term weight loss

The Best Diet Overall - Mediterranean



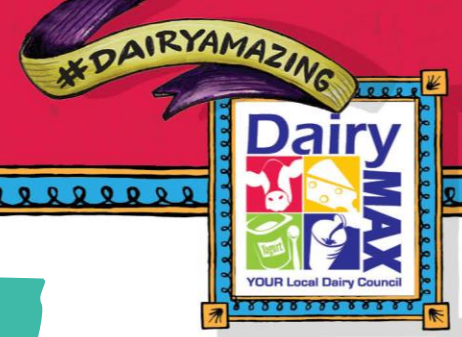
A contemporary approach to delicious, healthy eating

- Per 2,000 calorie diet
 - 2.5 cups veggies
 - 2.5 cup fruit
 - 7 oz. grains
 - 2 cups dairy
 - 6.5 oz. protein (mostly seafood)
 - 27 g oils/healthy fats



BE PHYSICALLY ACTIVE; ENJOY MEALS WITH OTHERS

The DASH Difference



Dietary Approaches to Stop Hypertension (DASH)



Dairy

Fat-free or
low-fat milk
and dairy:
2-3 cups
daily



Fruits

2-2.5 cups
daily



Vegetables

2-2.5 cups
daily



Grains

Make half your
grains whole:
6-8 ounces
daily



Protein

Lean meat, fish
or poultry:
6 ounces
or less daily



Nuts, seeds and legumes

4-5 times
weekly



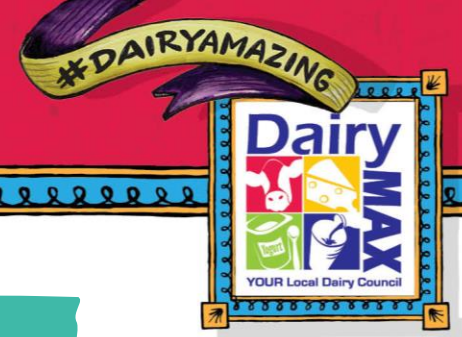
Oils

Use sparingly



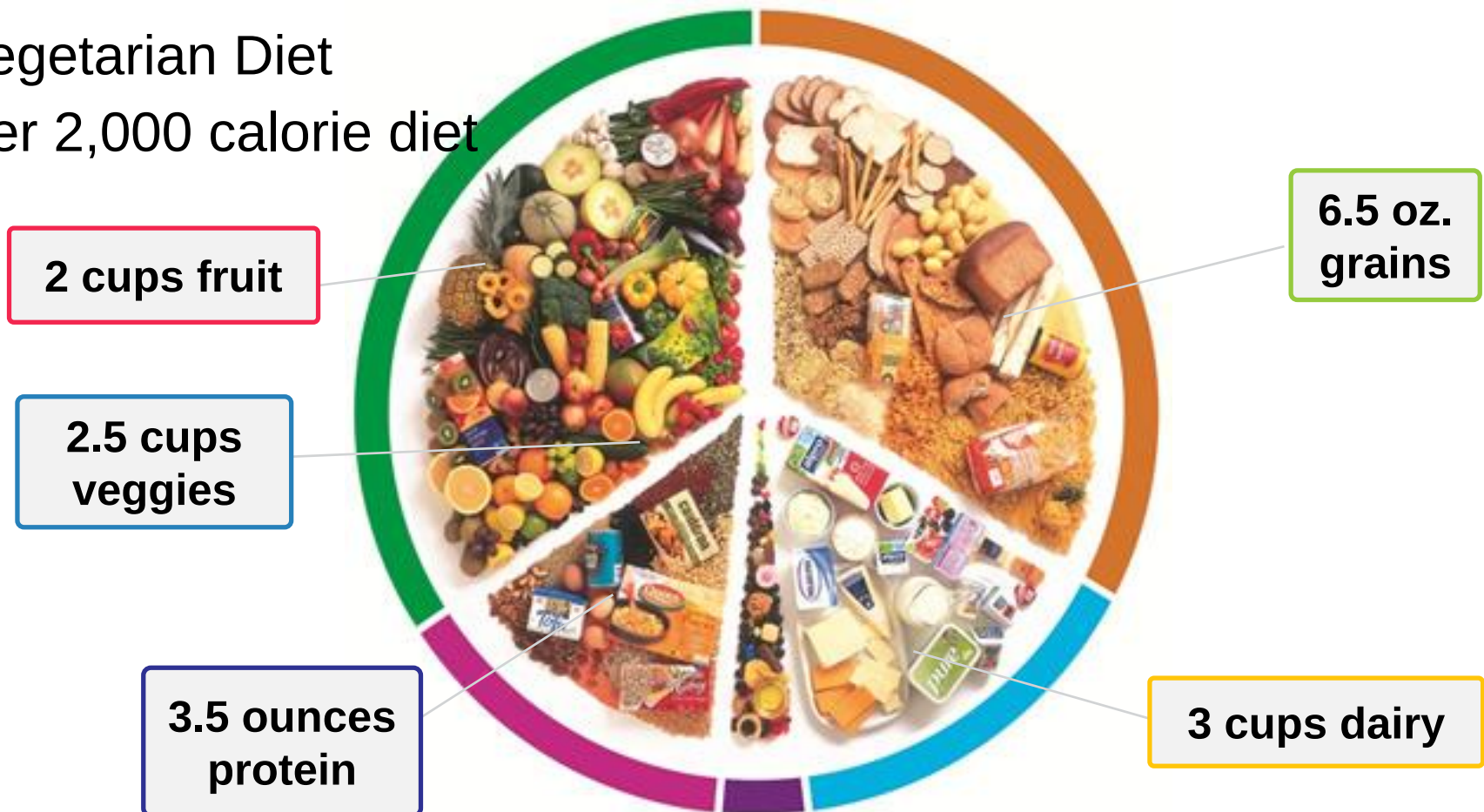
*One of the best
healthy
eating plans
for people of
all ages.*

MyPlate Vegetarian Diet



A balanced approach to the nutrients you need

- Vegetarian Diet
- Per 2,000 calorie diet

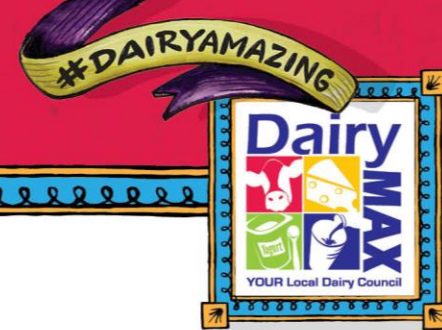


Is Plant-Based the Same as a Vegetarian Diet?

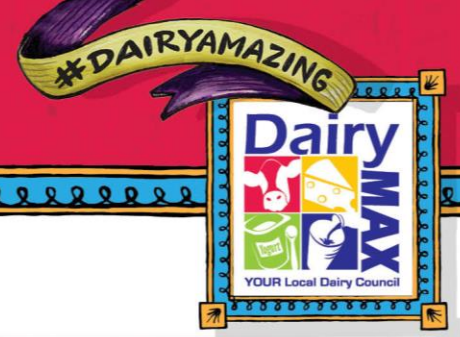


- Plant-based diet means diet that is mostly – but not exclusively plant foods
- Plant-based diets encompass vegetarian diets and eating patterns that include modest amounts of poultry, red meat
- Dairy foods make vital nutrient contributions to plant-based diets, including high-quality protein, vitaminB12

Focus on Whole Foods



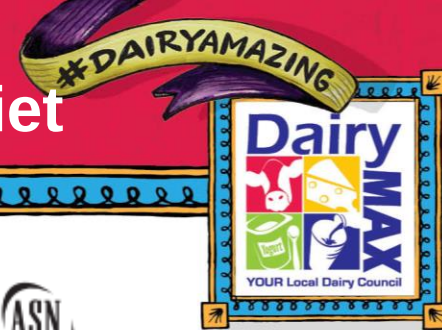
Dairy + Plant-Based Eating Patterns



- Dairy foods contain high-quality protein and are recommended by the Dietary Guidelines for Americans for people following a plant-based diet as they contribute vital and under-consumed nutrients.
- You would need to eat up to 20 to 30 percent more of some plant proteins to get the same high-quality protein in dairy foods.
- Adding them to a plant-focused meal can add a lot of taste and nutrition



Adding More Dairy to the Mediterranean Diet



Original Research Communications



A Mediterranean diet supplemented with dairy foods improves markers of cardiovascular risk: results from the MedDairy randomized controlled trial

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ABSTRACT

Background: The Mediterranean diet (MedDiet) offers benefits to at risk of CVD. This trial was registered at anzctr.org.au as ACTRN12616000309482. *Am J Clin Nutr* 2018;108:1166–1182.

Downloaded from <https://academic.oup.com/ajcn/>

The authors concluded that including three to four daily servings of dairy as part of the Mediterranean-style eating pattern resulted in significant positive changes in markers of cardiovascular disease risk. This research underpins the importance of dairy foods in a healthy eating pattern, including the Mediterranean diet, and builds on the current body of research regarding dairy's health benefits.



Debunk Dairy Myths

Milk Causes Early Puberty

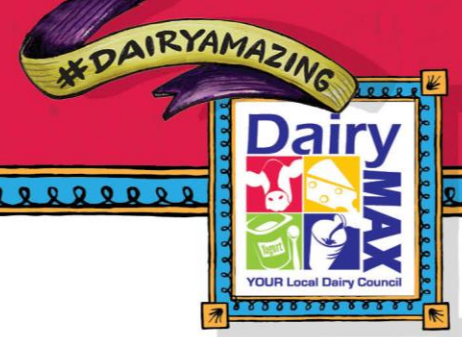


- Higher rates of childhood obesity may be responsible
- Children and teens need proper nutrition
- Dairy foods supply three of the four dietary components of public health concern for underconsumption.
 - Calcium
 - Potassium
 - Vit D

Scientific evidence shows no association between early puberty and milk and dairy products.



Dairy Cows are Mistreated



- Milk comes from healthy, well-fed cows
- Regular veterinarian visits
- Environments that keep them cool and contented
- Custom feeding and bedding



Milk Contains Antibiotics



Cow gets sick, receives
vet care and medicine
as necessary

Treated cows are isolated
from the herd ; milk is
withheld and discarded



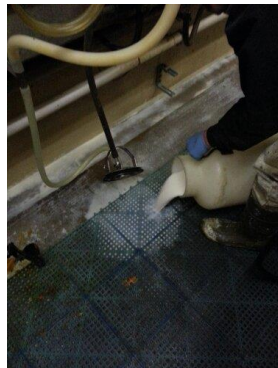
Cow is healthy again ; milk
still withheld for extra safety
measure

Milk from now healthy cow
contributes again to collective
milk tank.

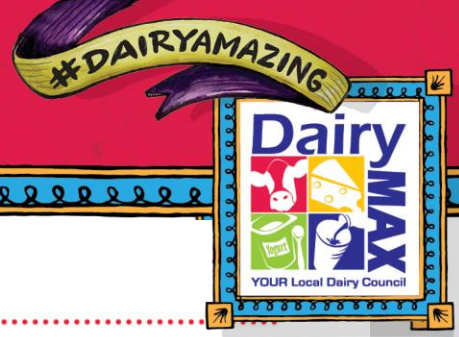


Milk is tested many times at ppb to
ensure purity

**All dairy foods are
antibiotic free!**



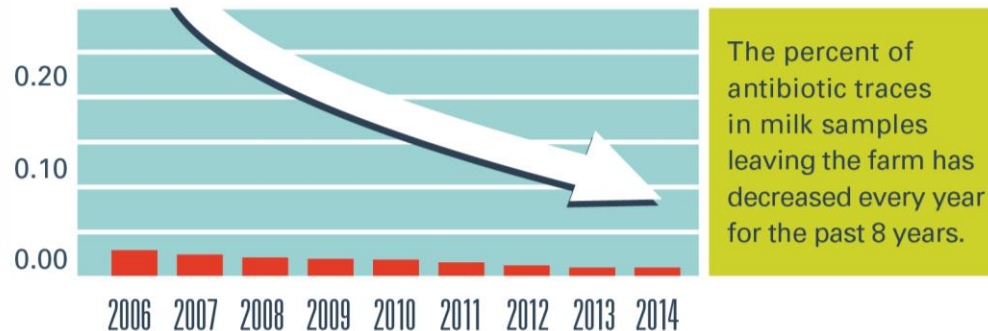
Antibiotic Testing



2014 FDA Findings

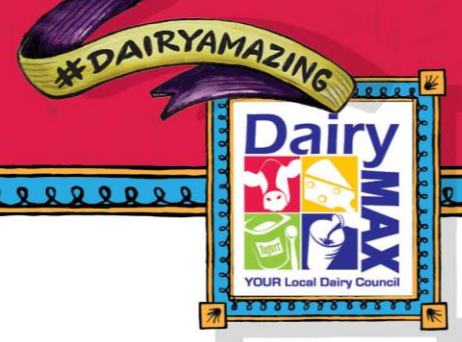


All farm milk is tested. In the rare instance that milk in a tanker tests positive for minute traces of antibiotics, none of the milk from that tanker is used to make dairy products.



Results show that the current safety system is effective in preventing drug residues in your milk.

Hormones in Dairy Cows



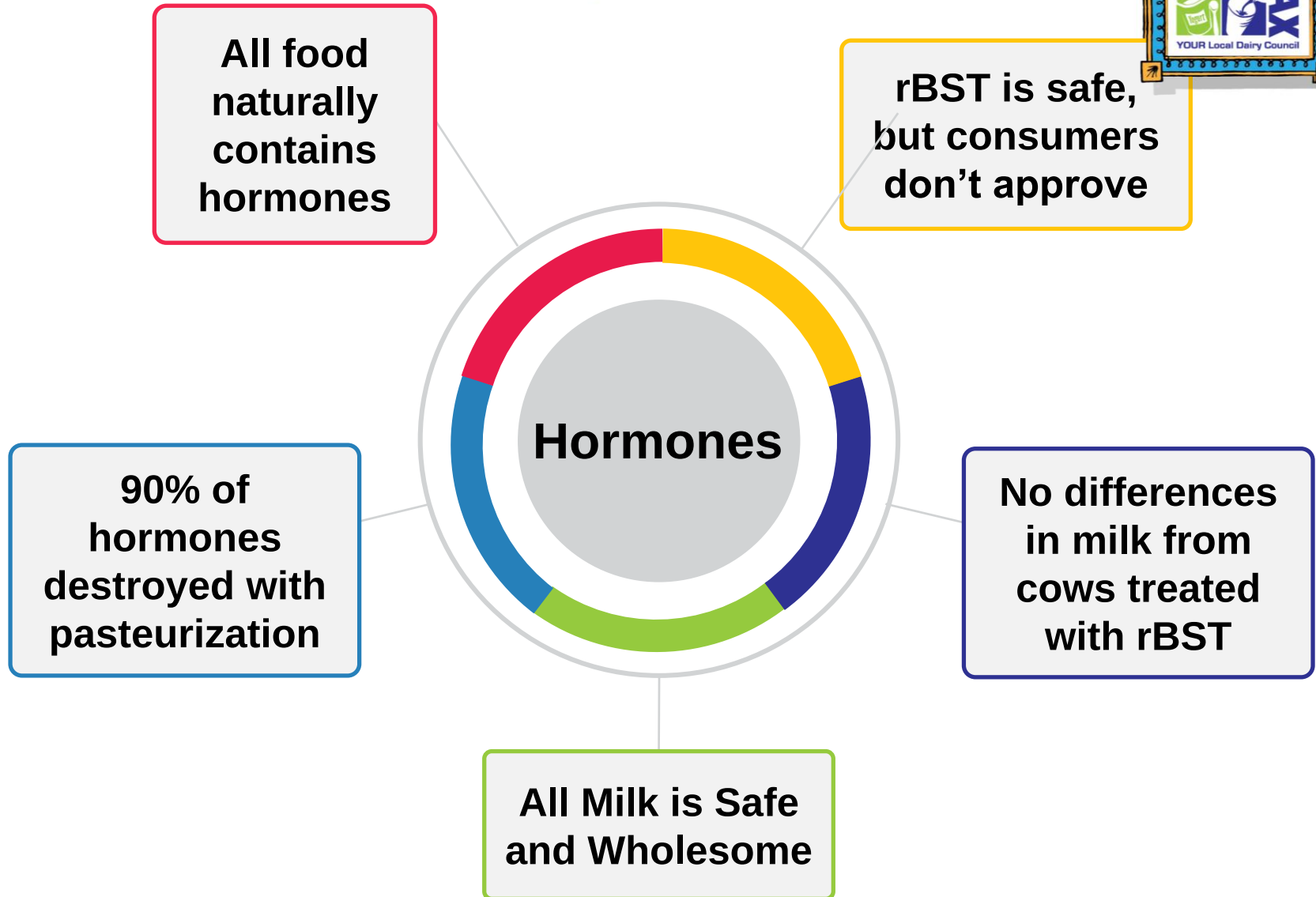
rbST

Recombinant Bovine Somatotropin

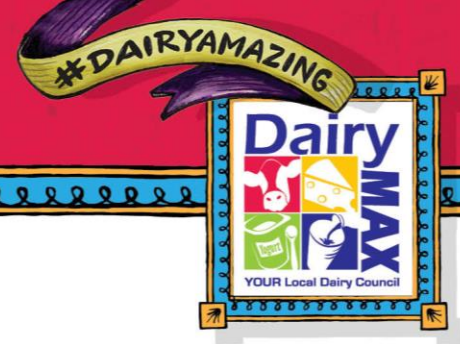
Naturally produced in cows (bST)

Helps mammary glands take up
more nutrients

Hormones in Milk



How Can You Make a Difference?



- Encourage lifestyle modification using the new and improved 2020-2025 Dietary Guidelines for Americans
- Provide evidence-based recommendations
- Help patients navigate nutrition confidently!
- Provide MyPlate and Mi Plato
- Help close nutrition gaps
- Resolve misperceptions
- Provide solutions
- Make referrals for Medical Nutrition Therapy with RDNs





Putting Healthy Eating into Practice

Practical Considerations

Use MyPlate to Support Healthy Dietary Patterns

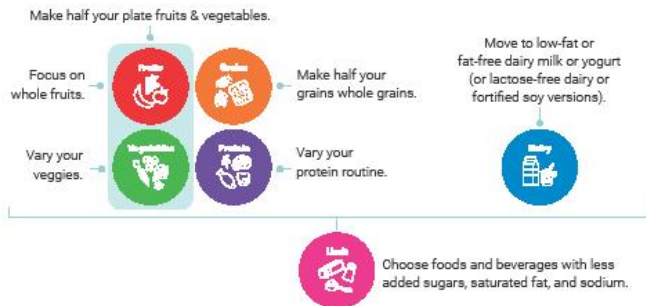


Small Changes Matter.

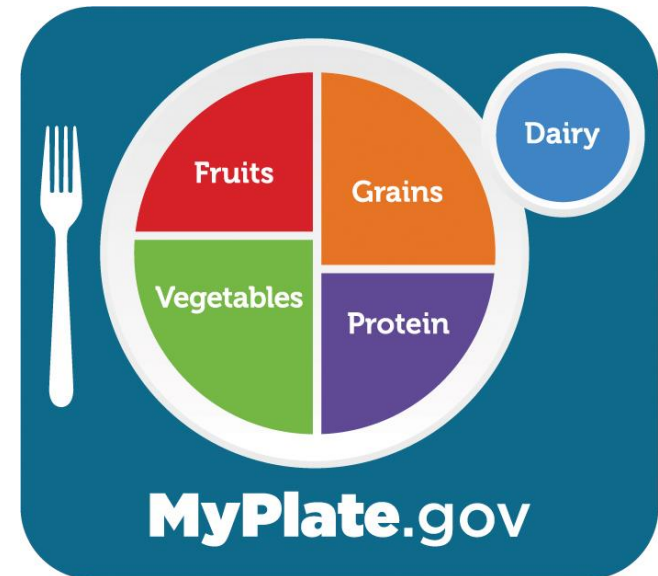
Start Simple

With MyPlate Today.

Healthy eating is important at every stage of life.



The benefits add up over time, bite by bite.



Available at: [MyPlate.gov/myplate-plan](https://www.MyPlate.gov/myplate-plan)

Meal-Planning Strategies



- A simple and effective way to prepare healthier meals, maximize free time, save money and minimize food waste
- Assess food habits, needs and schedule
- Write down 5-6 entrees to prepare for the week
- Break down the planned meals into ingredient lists

Rock Your Diet Daily Planner		
Day/Date:		Weight:
My Motivation My reason WHY or inspirational quote!	Today's Food Plan I Will Fuel My Body In a Healthy Manner!	
Challenges Today What challenges/ temptations might I encounter?	Breakfast	Calories
	Lunch	Calories
	Dinner	Calories
	Snack	Calories
Journal Jot down your thoughts & lessons learned.	TOTAL PLANNED CALORIES	
	TOTAL ACTUAL CALORIES	
Water Tracker		☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Workout Plan		Total Minutes

Enjoy a Free
Printable!

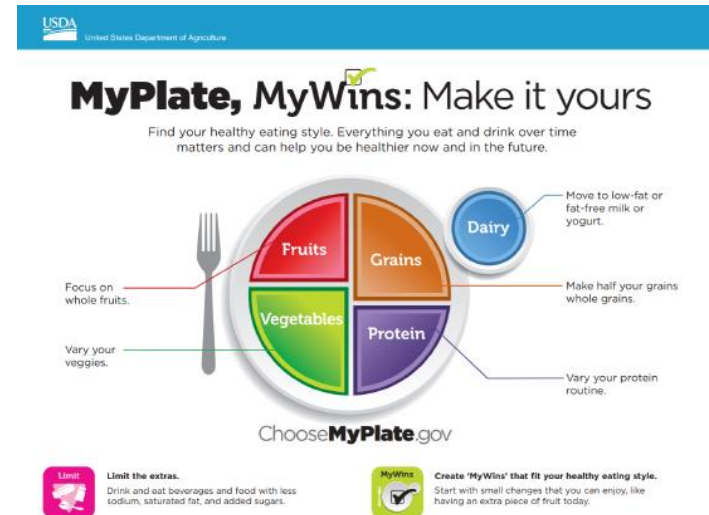


Weigh to MAINTAIN
Life after the diet. Keeping the weight off while keeping my sanity.

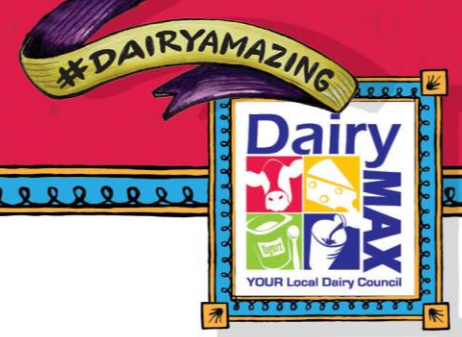
Tips to a Healthier Eating Plan



- Change gradually
- Add more vegetables to all meals
- Substitute more whole grain foods
- Treat meat as one part of the meal, instead of the centerpiece
- Use fruit as a dessert or snack
- For those with trouble digesting dairy, try lactose-free dairy



Healthy Meal-Planning Strategies



Increase vegetables:

- Eat a smaller 3oz. burger and add lettuce, tomato, onion
- Substitute a plant-based burger
- Choose stir-fry with chicken and variety of veggies instead of a large piece of chicken and white rice
- Mix in a variety of veggies to your breakfast egg dishes
- Use veggies instead of crackers with yogurt-based dips



Healthy Meal-Planning Strategies

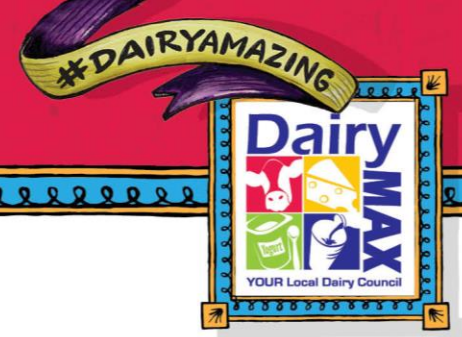


Substitute more whole grains for nutrients and fiber:

- Choose whole grain cereal for breakfast
- Substitute wholegrain bread and buns for refined white bread
- Substitute ancient grains like quinoa, farro brown rice for white rice
- Add beans, peas and lentils for protein sources at meals and edamame as a snack



Healthy Meal-Planning Strategies

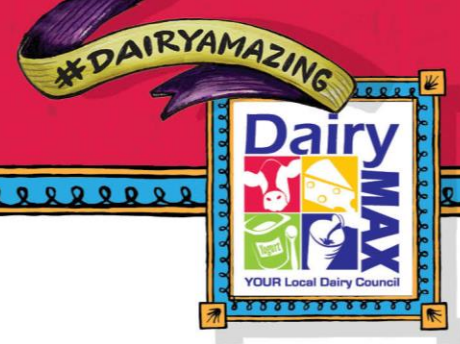


Use fruit as treats and sweets:

- Eat an apple instead of sugar cookies (and top it with yogurt and wholegrain cereal)
- Mash ripe banana in oatmeal in place of brown sugar
- Add dried fruit to homemade Trail Mix
- Choose fruit-based dessert such as a fruit crisp or fruit kebobs with yogurt dip



Healthy Meal-Planning Strategies



Be creative with dairy foods:

- Substitute plain Greek yogurt for mayonnaise
- Substitute fat-free milk for water when making oatmeal
- Try reduced-fat cottage cheese with chopped tomatoes, cucumber and green onions for a snack
- Substitute low-fat frozen yogurt for full-fat ice cream



Healthy Meal Patterns: Breakfast



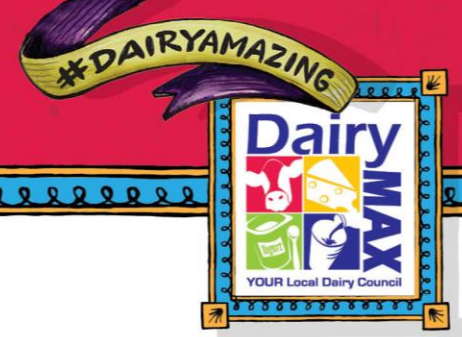
Healthy Meal Patterns: Lunch and Dinner



Healthy Meal Patterns: Snacks



References

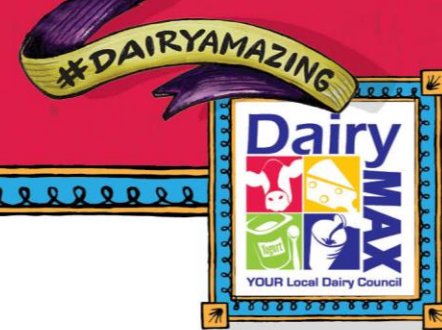


- U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th edition. December 2020. Available at www.Dietaryguidelines.gov
- H.R.1608 National Nutrition Monitoring and Related Research Act of 1990 <https://www.congress.gov/bill/101st-congress/house-bill/1608>
- 2021 Food & Health Survey, International Food Information Council



GRACIAS
ARIGATO
SHUKURIA
GOZAIMASHITA
EFCHARISTO
DANKSCH
TASHAKKUR ATU
SUKSAMA
EKHMET
MEHRBANI
PALDIES
BOLZIN
MERCİ
TINGKI
BIY
SHUK
MINHOVCHAR

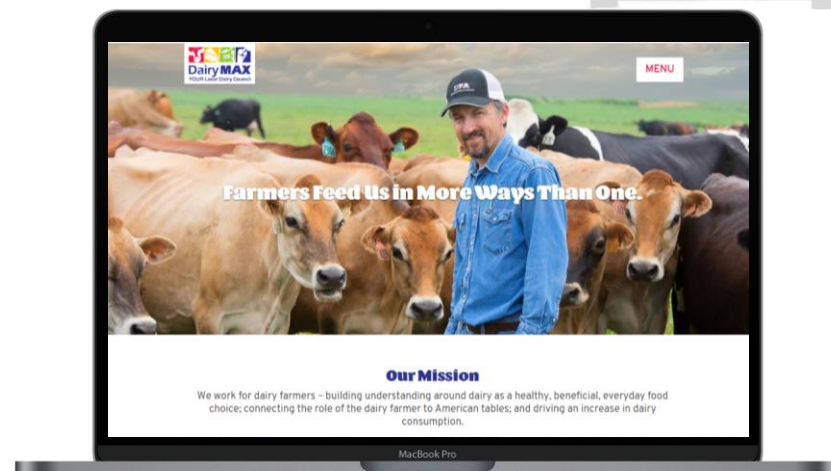
Connect with Dairy MAX



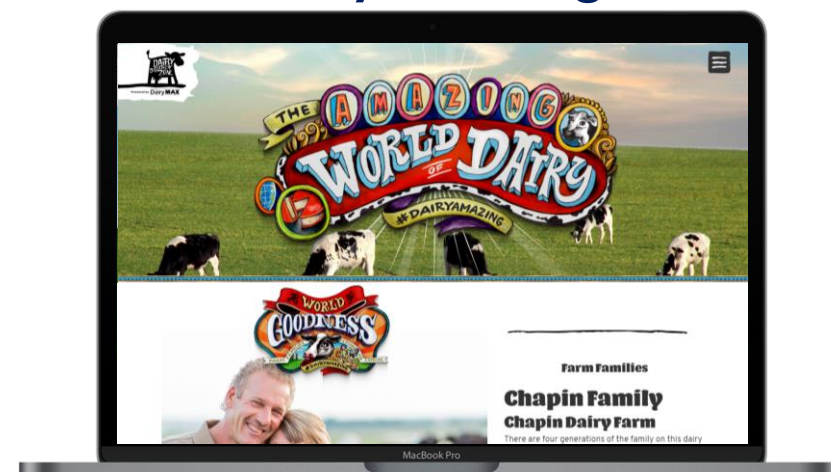
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