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### **New Dietary Guidelines: Dairy Makes List of Super Foods**

The newly released 2005 Dietary Guidelines for Americans give positive advice on eating more nutrient-dense super foods such as fruits, vegetables, whole grains and lowfat and fat-free milk and milk products.

"Based on the latest nutrition science, the Dietary Guidelines serve as a practical plan for achieving good health and disease prevention through diet," explains Dietary Guidelines Advisory Committee member Theresa Nicklas, Dr.P.H., M.P.H., Professor of Pediatrics at Baylor College of Medicine. "The basic components of a healthful diet have not changed, but importantly, the 2005 Guidelines Committee has increased the recommendation for dairy foods from 2-3 servings in the 2000 Dietary Guidelines to 3 servings of lowfat and fat-free dairy foods every day; the number of whole grains is now 3 servings per day and the number of fruits and vegetables is 4 1/2 cups."

To help address America's expanding waistlines, the DGAC had a special focus on calories. The Dietary Guidelines provide advice on how many servings from each of the five food groups Americans should eat depending on how many calories they consume each day. The Committee recommends that people enjoy more nutrient-rich foods first (like lowfat dairy, fruits, vegetables and whole grains) in order to meet nutrient recommendations without gaining weight.

"Three servings of dairy a day help meet the nutrition requirements for 4 of the 7 most critical nutrients Americans are lacking: vitamin A, calcium, magnesium and potassium," explained DGAC member Dr. Nicklas. And getting three servings of dairy a day is not associated with increased body weight according to the Report.

For the first time the new Dietary Guidelines Report provides people with specific tips to apply the advice to their individual tastes and nutritional needs. Calorie charts (1,000 to 3,200 calories) were developed for a range of nutrition needs and activity levels. The report recommends that for those sensitive to lactose or considering milk alternatives, "The most reliable and easiest way to derive the health benefits associated with dairy consumption is to choose alternatives within the dairy foods group," such as lactose-free milk, hard/aged cheeses or yogurt.

According to the Guidelines, eating more delicious dairy, fruits, vegetables and whole grains will help Americans meet their nutrient needs, prevent chronic disease and still incorporate their favorite foods. Dairy foods are abundant in nine

nutrients essential for good health, including calcium, protein, potassium, phosphorus, riboflavin, niacin and vitamins D, A and B12. Getting 3 servings of dairy foods daily is as easy as enjoying lowfat milk, yogurt or cheese with every meal or snack throughout the day.

Eating more of the nutrient dense super foods recommended in the Dietary Guidelines can easily be put into practice by following the Meal Plan available with delicious recipes at [www.3aday.org](http://www.3aday.org)

Visit [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org) for more information on health benefits of dairy foods.