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CONTACT: Alayna Rivera at 407-647-8899, ext. 1110 or alaynar@floridamilk.com

DAIRY CONTINUES TO PLAY AN IMPORTANT ROLE IN HISPANIC DIETS Florida Dairy Farmers Raises Its Milk Glass to National Hispanic Heritage Month

Orlando, Fla. (September 15, 2011) – In honor of National Hispanic Heritage Month (September 15 to October 15), Florida Dairy Farmers is encouraging Hispanics across the state to celebrate with nutrient-rich dairy. Studies have found that there is a growing obesity issue in the Hispanic community. On average, Hispanics consume less than the 3 to 4 servings of low-fat milk and dairy foods a day recommended by the 2010 Dietary Guidelines for Americans and, instead, consume whole milk.

Milk and other dairy foods play an important role in people's diets, including Hispanics, not only for taste, but also for their nutritional benefits. Research has found an association between the consumption of low-fat or fat-free dairy and a reduction in chronic disease risk. This includes several of the conditions for which Hispanics have increased risk, such as cardiovascular disease and osteoporosis.

Dietitians with Florida Dairy Farmers recommend consuming low-fat or fat-free milk on a regular basis to maintain a healthy weight, while still receiving the same nine essential nutrients that whole milk provides.

"Dairy is an accessible and appealing nutrient powerhouse for families of any ethnicity. And, at about 25 cents a glass, milk is one of the most affordable sources of nutrients at the grocery store," said Alyssa Greenstein, RD, LD/N, Dairy Health and Wellness Senior Manager for Florida Dairy Farmers and the Dairy Council of Florida.

Try these healthy dairy recipes for a treat worthy of celebrating National Hispanic Heritage Month:

[Lemon Yogurt Bars](#)

[Mango Yogurt Smoothie](#)

[Confetti Quesadillas with Cilantro Yogurt Dip](#)

About Florida Dairy Farmers

Florida Dairy Farmers is a farmer-funded organization that works to educate people about the state's dairy farming industry and promote nutrient-rich dairy foods as an important part of a healthy lifestyle. FDF is one of 19 member

organizations of the United Dairy Industry Association and carries out the programs of Dairy Management Inc., the umbrella organization based in Chicago. For more information, call 407-647-8899 or visit www.floridamilk.com.

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