

# Health and Wellness Professional Resources

## Dairy Every Day is a Healthy Way to Nourish Young Kids



## Physician Resource



## A Fresh Look at Iodine & Prenatal Brain Development



## A Guide to Feeding your Baby for the First Two Years



## Flavored Milk in Schools



## Lactose Intolerance: How to Enjoy Dairy Foods with Confidence



## Dairy Foods Help People Thrive Across the Lifespan



## State of the Science: Dairy Food & Health



Join our Dairy Nourishes Network to stay up-to-date on dairy research and resources.



All of these resources can be found on [USDairy.com/NationalDairyCouncil](https://USDairy.com/NationalDairyCouncil)

# Health Professional Webinars

## Confidently Nourishing Children: What's the Deal with Dairy?



## Prenatal Nutrition: Dairy's Building Blocks for Baby's Brain Development



## Nutrition And Bone Health Across The Lifespan



## Taming the Flame: Dairy & Inflammation



## Dairy Innovations For A Sustainable Future



## The Dairy Matrix: More Than the Sum of its Nutrients



## Exploring Protein Sources From Animals And Plants



## Want to know more about dairy facts, fiction and FAQs?

Visit National Dairy Council to learn more.



## Find your local Dairy Council



**DAIRY**  
NOURISHES LIFE

Helping  
people thrive  
across the lifespan

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