

A photograph of various dairy products arranged on a table. In the foreground, there are several cartons of Berkeley Farms milk, including 'Half & Half', 'Cultured Low Fat Milk', and 'Cultured Low Fat Buttermilk'. There are also boxes of Challenge Butter, a tub of cream, and a wedge of cheese. In the background, there are more milk jugs and a bowl of lemons.

# The Powerful Role of Dairy in Our Diets and Our Kitchens

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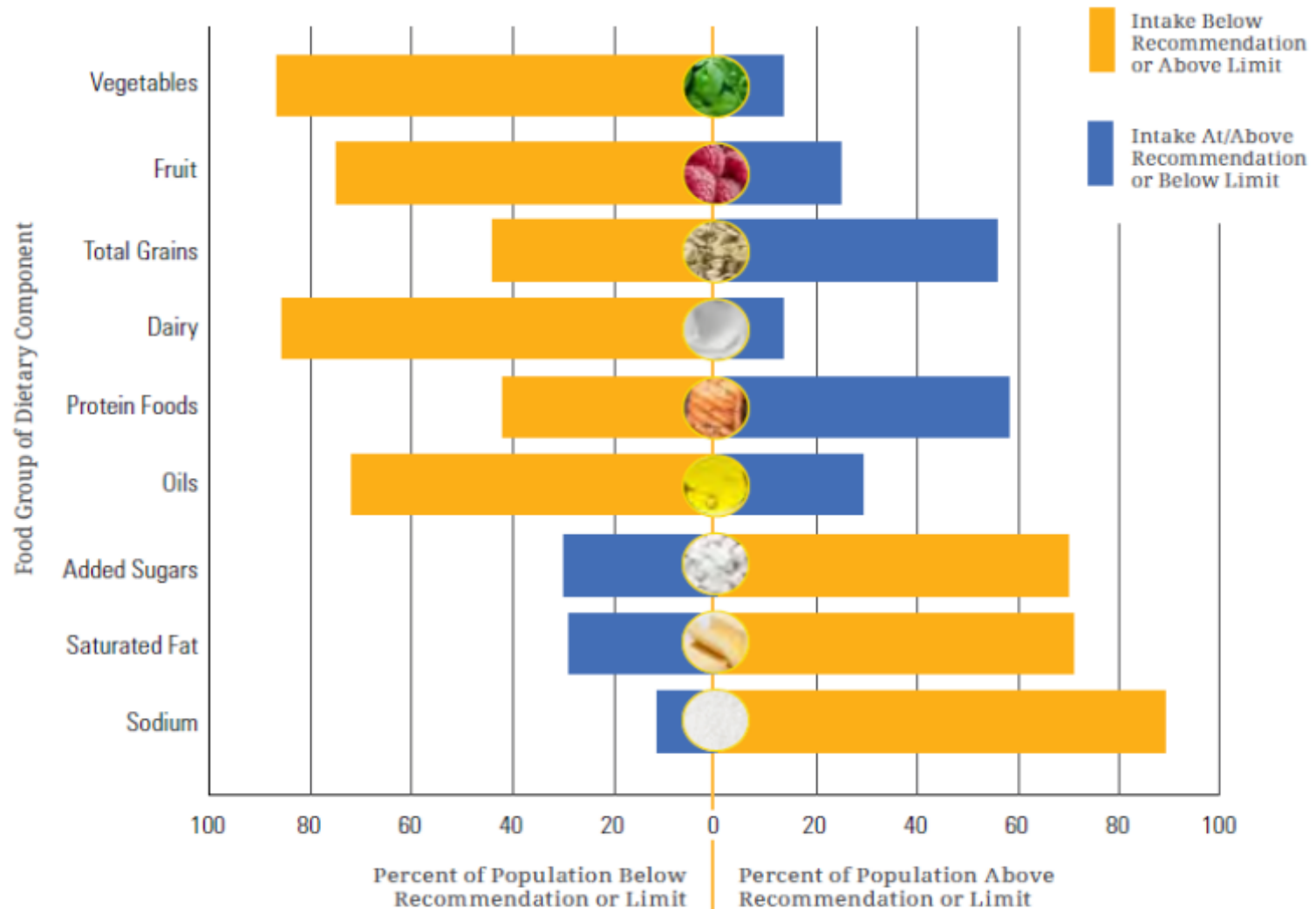
Dairy MAX 2017 #DairyAmazing Symposium

The Culinary Institute of America

San Antonio, TX

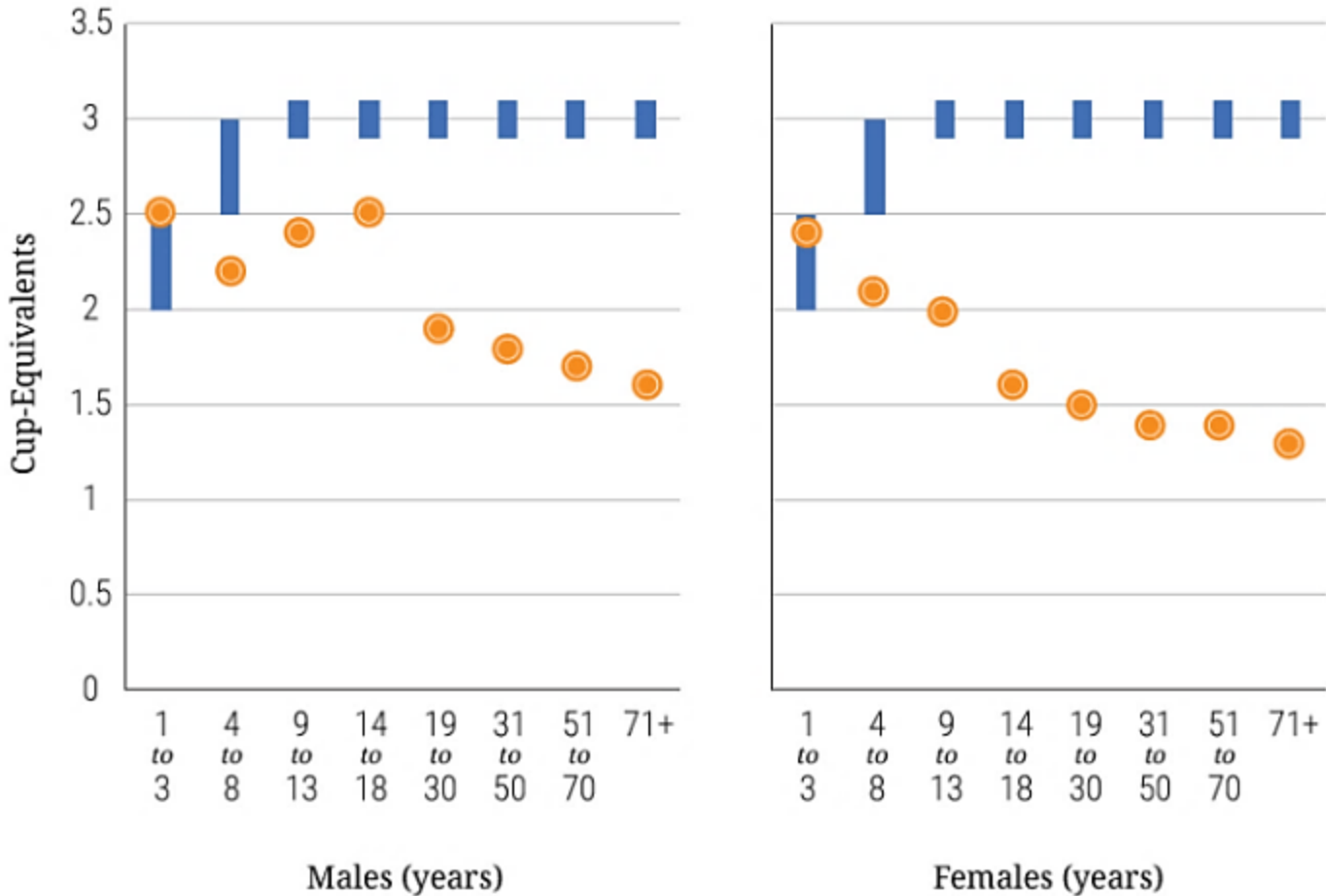
Saturday, November 4, 2017

**Figure 2-1.**  
**Dietary Intakes Compared to Recommendations.**  
**Percent of the U.S. Population Ages 1 Year & Older**  
**Who Are Below, At, or Above Each Dietary Goal or Limit**





## Dairy

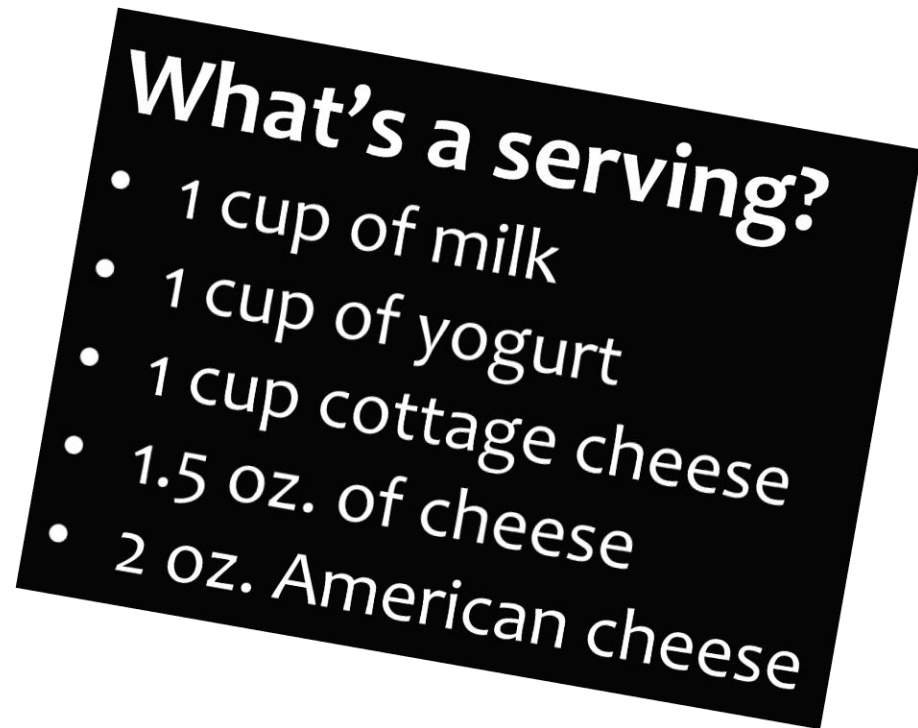






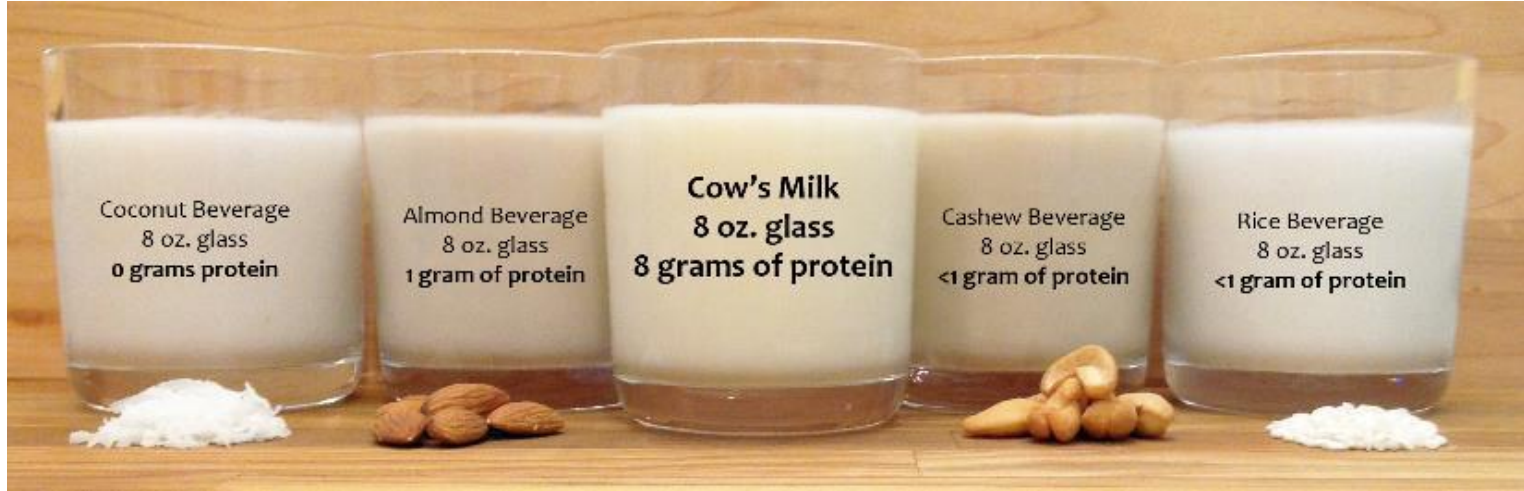
# How can we help people meet recommendations for dairy?

- Strive for **2-3 servings per day**, based on calorie needs.
- **Enjoy dairy** with every meal!
- **Cook with dairy** products.





# What about other “milk” beverages?



- Healthy eating patterns include fat-free and low-fat (1%) dairy, including milk, yogurt, cheese, or fortified soy beverages (commonly known as “soymilk”)... that are similar to milk based on nutrient composition and in their use in meals.
- **Other products sold as “milks” but made from plants (e.g., almond, rice, coconut, and hemp “milks”) may contain calcium and be consumed as a source of calcium, but they are not included as part of the dairy group because their overall nutritional content is not similar to dairy milk and fortified soy beverages (soymilk).**