



Dietary Bites

Dairy

Such as milk, cheese, yogurt, or kefir...

Health Claims

- Calcium helps build strong bones and allows the heart, muscles, and nerves to function properly.
- Protein helps maintain and increase muscle mass.
- Protein keeps you feeling full longer, which can help with weight loss.
- Vitamin D contributes to bone health and may reduce the risk of osteoporosis.
- B12 decreases homocysteine levels and may reduce risk of cardiovascular disease.
- B12 improves brain function and memory loss.
- Cultured dairy foods, like yogurt, contains probiotics which can enhance the good bacteria in the gut.

Nutrition Information

- Calcium
- Potassium
- Protein
- Phosphorous
- Vitamin D
- Vitamin B12

Dig Deeper

Get more information, register, or download resources:

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mtharvestofthemonth.org

Drug Interactions

- Dairy affects some antibiotics such as tetracycline, doxycycline, and ciprofloxacin. The antibiotics bind with the calcium, preventing the drug's absorption.

Chronic- Diet Related Illness

- Type 2 diabetes risk can be reduced with fermented dairy products.
- High intake of plain dairy products (more than 2 servings a day) is also associated with a reduced risk of cardiovascular diseases.

More Information

- The human body contains more calcium than any other animal. For example, in an average 130 pound adult, about 1,200 grams (almost 3 pounds) of the body is calcium. 99% of the calcium in a human body is found in your bones and the remaining 1% is found in other bodily fluids and cells.

Resources

Choose My Plate. <https://www.choosemyplate.gov/dairy-nutrients-health>

Eat Right: Academy of Nutrition and Dietetics Complete Food & Nutrition Guide by Roberta L Duyff, MS, RDN, FAND, CFCS

<https://www.healthyeating.org/Healthy-Eating/All-Star-Foods/Dairy/Article-Viewer/Article/64/Health-Benefits-of-Milk>

<https://www.yogurtinnutrition.com/milk-and-dairy-which-relation-with-chronic-diseases/>



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