


# THE 2015 DIETARY GUIDELINES & YOGURT'S ROLE IN SUPPORTING HEALTHY EATING

The Dietary Guidelines for Americans (DGAs) – which are updated every five years – are an essential resource for health professionals and policymakers as they shape and impact food and nutrition programs in the United States, such as USDA's National School Breakfast and Lunch Programs and the Special Supplemental Nutrition Program for Women, Infants and Children (WIC). The DGAs also provide information that can help Americans make healthier choices for themselves and their families. Below is a snapshot of how yogurt can help support healthy eating patterns recommended in the DGAs. The complete 2015 Dietary Guidelines can be found at <http://health.gov/dietaryguidelines/2015/>.

TOPIC	WHAT THE DGAs SAY	HOW YOGURT CAN HELP
 <p><b>BONE HEALTH</b></p>	<p>Research has linked dairy intake to improved bone health, especially in children and adolescents.</p>	<p>Yogurt can help consumers meet their dairy intake goals in childhood and teenage years as well as throughout adult life.</p> <p>Most yogurts are a good source of high quality protein, which together with calcium and vitamin D (also found in fortified yogurt), helps promote bone health.<sup>1</sup></p>
 <p><b>EATING PATTERNS</b></p>	<p>The DGAs recommend the Healthy U.S.-Style Eating Pattern, Healthy Mediterranean-Style or the Healthy Vegetarian Eating Pattern.</p> <p>A healthy eating pattern includes fat-free or low-fat dairy, including milk, yogurt, cheese and/or fortified soy beverages.</p> <p>Figure 1-3 of the DGAs illustrates a healthy eating pattern in a sample day of meals, which includes yogurt for breakfast.</p>	<p>Yogurt supports and fits into all three recommended healthy eating patterns.</p> <p>Yogurt's versatility allows it to be easily incorporated into the daily diet in many forms – including enjoying “as is,” with fruits, vegetables and whole grains, and as a lower-fat substitute for ingredients like cream cheese, sour cream and mayonnaise in recipes.</p>
 <p><b>FRUITS &amp; VEGETABLES</b></p>	<p>Make half your plate fruits and vegetables.</p>	<p>Yogurt pairs well with fruits and vegetables and can encourage their consumption when combined in smoothies, dips and dressings, supporting overall healthy eating patterns.</p>
 <p><b>NUTRIENT DENSITY</b></p>	<p>To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods from each food group in recommended amounts.</p> <p>Fat-free and low-fat dairy products, when prepared with little or no added solid fats, sugars, refined starches and sodium, are nutrient-dense foods.</p> <p>Shift to consume more dairy products, in nutrient-dense forms: Strategies to increase dairy intake include drinking fat-free or low-fat milk (or a fortified soy beverage) with meals, choosing yogurt as a snack or using yogurt as an ingredient in prepared dishes such as salad dressings or spreads.</p>	<p>Yogurt is a nutrient-dense food, as most contain calcium, potassium and vitamin D and are a good source of high quality protein.</p>

<sup>1</sup> Bonjour JP. J Am Coll Nutr. 2005 Dec;24 (6 Suppl):526S-365

<sup>2</sup> U.S. Department of Agriculture, Agricultural Research Service. Food Patterns Equivalents Database: Mean Daily Food Patterns Cup Equivalents Consumed per Individual, by Gender and Age, in the powered by Dannon United States, 2011-2012, What We Eat in America, NHANES 2011-2012.

<sup>3</sup> Jackson KA and Savaiano DA. (2001) Lactose Maldigestion, Calcium Intake and Osteoporosis in African-, Asian-, and Hispanic-Americans, Journal of the American College of Nutrition, 20:2, 198S-207S, DOI: 10.1080/07315724.2001.10719032

<sup>4</sup> Bailey RK, Fileti CP, Keith J, Tropez-Sims S, Price W, Allison-Ottley SD. Lactose intolerance and health disparities among African Americans and Hispanic Americans: An updated consensus statement. J Natl Med Assoc. 2013 Summer;105(2):112-27.

<sup>5</sup> Lomer MCE, Parkes GC, Sanderson JD. Review article: lactose intolerance in clinical practice—myths and realities. Aliment Pharmacol Ther. 2008;27:93-103.

<sup>6</sup> Auestad N, Fulgoni VL and Houchins J. Contribution of Dairy Foods to Nutrient Intakes by Americans. National Dairy Council Data Brief No. 1501, March 2015. <http://bit.ly/1ppuBHC>



## TOPIC

## WHAT THE DGAs SAY

## HOW YOGURT CAN HELP



### NUTRIENTS OF PUBLIC HEALTH CONCERN

Calcium, potassium, dietary fiber and vitamin D are identified as nutrients of public health concern.

Shift to eating more vegetables, fruits, whole grains and fat-free and low-fat dairy to increase intake of nutrients of public health concern.

Most yogurts contains three of the four nutrients of public health concern – calcium, potassium and vitamin D.

Yogurt pairs well with fruits, vegetables and whole grains when combined in parfaits, smoothies, dips and dressings, further supporting an increased intake of nutrients of public health concern.



### DAIRY

For most adults, a healthy eating pattern includes 3 servings a day of fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages.

Figure 2-1 of the DGAs shows that more than 80% of the population ages 1 year and older are consuming below the recommended intake for dairy.

Because most cheese contains more sodium and saturated fats, and less potassium, vitamin A, and vitamin D than milk or yogurt, increased intake of dairy products would be most beneficial if more fat-free or low-fat milk and yogurt were selected rather than cheese.

Strategies to increase dairy intake include drinking fat-free or low-fat milk (or a fortified soy beverage) with meals, choosing yogurt as a snack, or using yogurt as an ingredient in prepared dishes such as salad dressings or spreads.

Eat one yogurt every day as one of your three daily servings of fat-free or low-fat dairy. Eat it plain, with fruit, or use in cooking.

Adding one cup of yogurt a day will boost the average American adult from 54% to 87% of daily recommended dairy intake.<sup>2</sup>



### LACTOSE INTOLERANCE

Individuals who are lactose intolerant can choose low-lactose and lactose-free dairy products.

Studies have shown that 75% of African Americans, 60% of Hispanics and 20% of the non-Hispanic white population experience lactose maldigestion.<sup>3</sup>

Yogurt, on average, contains less lactose per serving than milk, and its live and active cultures can help make it a more easily digested dairy option.<sup>4,5</sup>



### ADDED SUGARS

Limit calories from added sugars and saturated fats and reduce sodium intake. Consume an eating pattern low in added sugars, saturated fats and sodium.

Healthy eating patterns can accommodate other nutrient-dense foods with small amounts of added sugars, such as whole-grain breakfast cereals or fat-free yogurt, as long as calories from added sugars do not exceed 10% per day, total carbohydrate intake remains within the Acceptable Macronutrient Distribution Range (AMDR), and total calorie intake remains within limits.

Figure 2-10 of the DGAs shows that dairy foods contribute just 4% of added sugar intake in the U.S.

Figure 1-3 of the DGAs illustrates a healthy eating pattern in a sample day of meals, which includes a sweetened yogurt for breakfast, and underscores how careful choices can help Americans consume a variety of foods to meet nutrient needs and balance nutrients to limit in the diet.

Many yogurt makers are already engaged in ongoing efforts to reduce added sugar in their products. For example, Dannon made a commitment to the Partnership for a Healthier America in 2014 to reduce the amount of total sugar in products to 23 grams or less per 6 oz. in 100% of products for children and in 70% of the company's products overall by 2016.

Yogurt contributes 1.1% or less of added sugar to total calories in the diets of most individuals in the U.S.<sup>6</sup>