

DAIRY NOURISHES LIFE

Helping
people thrive
across the lifespan

WEBINAR SERIES

Reminders for today's webinar:

- Please test your computer by using the link provided in the chat window to ensure that you can hear the speakers via streaming audio
- We recommend the latest version of **Google Chrome or Firefox** to minimize the chance of system issues during the live webinar
- A copy of the slides are available via a link in the reminder email sent yesterday
- Continuing education certificates and handouts will be emailed within 24 hours

#DairyNourishesLife

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Webinar Reminders

During the webinar

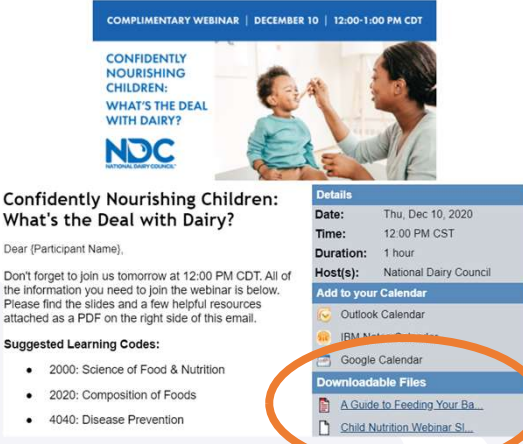
- Preferred browsers for optimal viewing and audio: Google Chrome or Firefox
- Please type questions into the chat window
- Follow along with **#DairyNourishesLife**

After the webinar

- Continuing education certificates and resources will be emailed within 24 hours
- Webinar recording will be available next week on www.USDairy.com

2

Slides can be found in the reminder email sent yesterday



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

Dear (Participant Name),

Don't forget to join us tomorrow at 12:00 PM CDT. All of the information you need to join the webinar is below. Please find the slides and a few helpful resources attached as a PDF on the right side of this email.

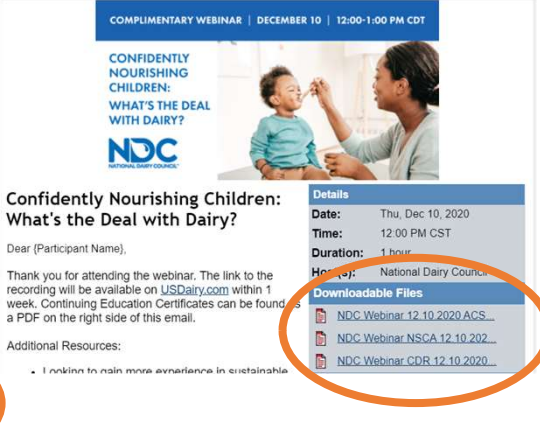
Suggested Learning Codes:

- 2000: Science of Food & Nutrition
- 2020: Composition of Foods
- 4040: Disease Prevention

Downloadable Files

- A Guide to Feeding Your Ba...
- Child Nutrition Webinar Sl...

Survey and CE certificates to be distributed within 24 hours



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

Dear (Participant Name),

Thank you for attending the webinar. The link to the recording will be available on USDairy.com within 1 week. Continuing Education Certificates can be found as a PDF on the right side of this email.

Additional Resources:

- Linking to gain more experience in sustainable...

Downloadable Files

- NDC Webinar 12.10.2020 ACS...
- NDC Webinar NSCA 12.10.202...
- NDC Webinar CDR 12.10.2020...

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Confidently Nourishing Children

What's the Deal with Dairy?






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97% Parents agree that eating habits during childhood will have **lifelong impacts** on their child's health

34% Are **confident** they are doing a good job shaping their children's eating habits


Top Challenges to Healthy Eating

1. Cost
2. Convenience
3. Food Preferences



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CS Mott's Children's Hospital. National Poll on Children's Health. 2017



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Today's Speakers



Winston Price, MD, FAAP, FACPE
Board-certified Pediatrician
Past-President, National Medical Association
CIO, Cobb Institute



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Why Dairy Is Important From The Start?

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Childhood: A Critical Window of Opportunity

- ✓ Establish taste preferences
- ✓ Support optimal growth and development
- ✓ Establish healthy dietary patterns
- ✓ Reduced risk of diet-related chronic disease



Healthy Eating Research. Technical Report. Sept. 2019.

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Yogurt and Cheese as Complementary Foods

Learning to like healthy foods



“The first two years of life represent a crucial window of time for the rapidly developing infant and toddler to learn to accept and like healthy foods and establish long-term dietary patterns that can prevent the onset of obesity, chronic diseases, and oral health problems.”

Introduction of Dairy Foods in the First 12 Months

0-6 Months	6 Months	12 Months
Breast milk* or iron-fortified formula, exclusively	Yogurt (Plain, Whole-fat, Whole-fat Greek)	Cheese (Pasteurized)
		
	Creamy & Sour	Lumpy, Soft, Solid Mild, Sharp, Tangy

*recommended

AAP/NDC: Guide to Feeding Your Baby for the First Two Years. 2020 Dietary Guidelines Committee’s Scientific Report. Healthy Eating Research. Feeding Guidelines. 2013.

9

Whole Milk From 1-2 Years

Fueling Growth and Brain Development

- Conception through 3 years = Explosive rate of:
 - Linear growth
 - Tissue development
 - Brain expansion (50% of daily calories)
- After 1st birthday whole milk - as well as yogurt and cheese - is recommended as concentrated sources of calories and nutrients to fuel growth and development.

Dairy Recommendations for 12-24 Months*	
4-5 servings/day	
Dairy Food	Serving Size
Plain whole milk	½ cup
Yogurt	½ cup
Cheese	½ ounce

*Not recommended: non-fat and flavored milk, unpasteurized (raw) milk



Nutrition Data sourced and calculated from FoodData Central: 602770

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The American Academy of Pediatrics'

Guide to Feeding Your Baby for the First Two Years

A GUIDE TO FEEDING YOUR BABY FOR THE FIRST TWO YEARS



Every baby is unique; don't worry if your baby eats a little more or less than this guide suggests. Keep in mind that the suggested serving sizes are only guidelines to help you get started.*



Typical Portion Sizes and Daily Servings for Children 0-24 months^{1,2,3,4}

Age (months)	Food Group	Foods Options (Serving Size)	Servings Per Day	Not Recommended
0-6 months	Breast Milk or Iron-Fortified Infant Formula	Breast milk (recommended) or iron-fortified infant formula should be your baby's sole source of nutrition for the first six months of life. Work with your pediatrician to track feeding patterns to ensure your infant is eating enough for growth.		Food or beverage other than breast milk or iron-fortified infant formula
	Dairy	Plain whole milk yogurt or cheese	Can start to introduce	Cow's milk, sweetened yogurt, ultra-pasteurized (raw) milk
6-8 months	Breast Milk or Iron-Fortified Infant Formula	Breast milk (recommended) or iron-fortified infant formula should be a major source of nutrition during this period of your baby's life. Work with your pediatrician to track feeding patterns to ensure your infant is eating enough for growth.		
	Grain**	Iron-fortified infant cereal (2-4 Tbsp.) Crackers (2) or bread (1/2 slice)**	2 servings 1 serving	Popcorn
	Fruit or Vegetables	Strained or pureed fruit and vegetables (2-3 Tbsp.)	1-2 servings	Raisins, whole grapes, dried, hard, raw fruits (e.g., apples) Dried, hard, raw vegetables (e.g., green beans)
	Protein	Strained or pureed meat (1-2 Tbsp.) Beans (1-2 Tbsp.)	1-2 servings	Uncut stringy meats, hot dog pieces or peanut butter
	Beverage	Water		Plant-based milk alternatives; sports, energy or soft drinks; tea, lemonade, caffeinated beverages; fruit juice

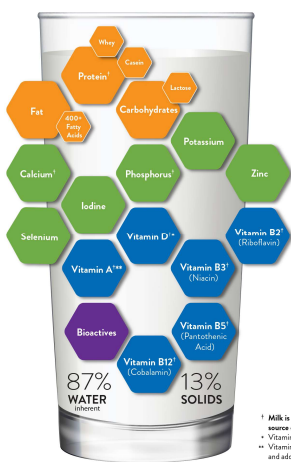
<https://www.usdairy.com/news-articles/airplane-choo-choo-a-feeding-guide-for-children>

American Academy of Pediatrics
ESTABLISHED BY THE HOUSE OF REPRESENTATIVES



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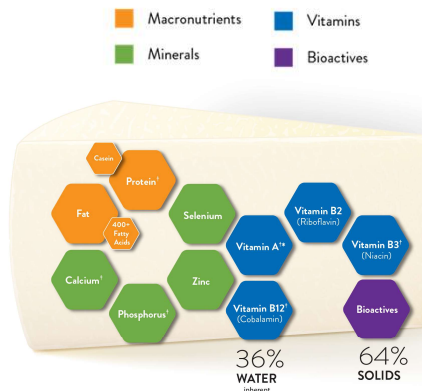
Dairy's unique nutrient package Supports growth and development



¹ Milk is a good or excellent source of 9 essential nutrients
² Vitamin D is added to milk.
³ Vitamin A is naturally occurring in whole milk and added to reduced-fat, low-fat and fat-free milks.



¹ Yogurt is a good or excellent source of 7 essential nutrients

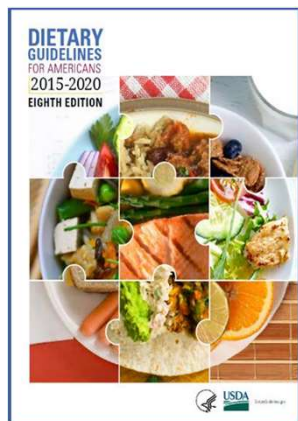


¹ Cheese is a good or excellent source of 6 essential nutrients
² Vitamin A is naturally occurring in whole milk and added to reduced-fat, low-fat and fat-free milks.

Nutrition Data sourced and calculated from:
 Milk - Food Data Central: 602770
 Greek Yogurt - Food Data Central: 171304
 Cheddar Cheese - Food Data Central: 170899

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Forming Healthy Eating Habits Early Has Long-term Benefits



The 2015 DGA states that healthy eating patterns, including low-fat or fat-free dairy foods, are associated with **reduced risk for several chronic diseases, including cardiovascular disease** (strong evidence) and **type 2 diabetes** (moderate evidence). Research has also linked dairy intake to **improved bone health**, especially in children and adolescents.

* 3 servings for Americans 9 years and older in the Healthy U.S.-Style and Healthy Vegetarian Eating Patterns.

Dietary Guidelines for Americans. 2015-2020.

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Dairy Foods: Preventative Tool to Support Bone Health Across the Lifespan

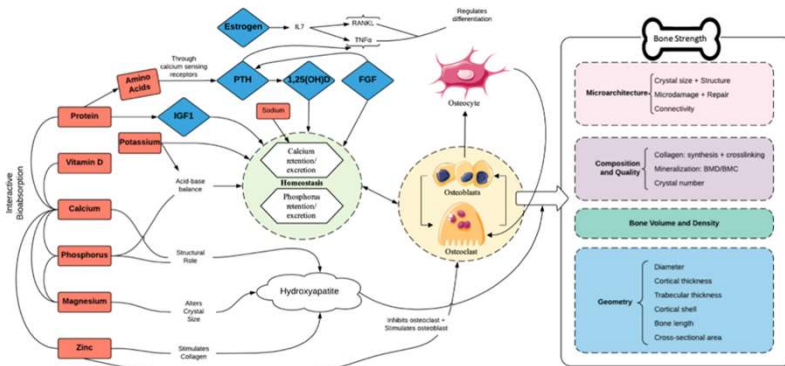


Figure 1. Impact of dairy nutrients on bone strength. 1,25(OH)D = 1,25 dihydroxy vitamin D; FGF = fibroblast growth factor; IGF1 = insulin-like growth factor 1; IL7 = interleukin-7; PTH = parathyroid hormone; RANKL; TNF α = tumor necrosis factor alpha.

- › Bone mass is influenced by dietary patterns in childhood and adolescence¹
- › Peak bone mineral accretion¹
 - Girls: ~12.5 years (on avg)
 - Boys: ~ 14 years (on avg)
- › Dairy foods provide more bone-beneficial nutrients per calorie than any other food group²
 - Protein
 - Vitamin D
 - Calcium
 - Potassium
 - Phosphorus
 - Magnesium
 - Zinc

1. American Academy of Pediatrics. Clinical Report: Optimizing Bone Health in Children and Adolescents.
 2. Wallace, T, et al. Critical Reviews in Food Science and Nutrition. 2020.

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Milk & Water: Go-To Beverages for 1- 5 Year Olds



American Heart Association.

**HEALTHY DRINKS.
HEALTHY KIDS.**



Academy of Nutrition and Dietetics

American Academy of Pediatrics
 DEDICATED TO THE HEALTH OF ALL CHILDREN®

AMERICA'S PEDIATRIC DENTISTS
 THE BIG AUTHORITY on little teeth

12-24 MONTHS



It's time to add **whole milk**, which has many essential nutrients, along with plain drinking **water** for hydration. A small amount of juice is okay, but make sure it's 100% fruit juice to avoid added sugar. Better yet, serve small pieces of real fruit, which are even healthier.

2-5 YEARS



Milk and water are the go-to beverages. Look for milks with less fat than whole milk, like skim (non-fat) or low-fat (1%). If you choose to serve 100% fruit juice, stick to a small amount, and remember adding water can make it go a long way.

See the full guidelines and learn more at HEALTHYDRINKSHEALTHYKIDS.ORG

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Dollar for dollar, dairy foods are one of the most economical sources of nutrition



= **~20¢**
Per serving*

Least Expensive Sources of the Nutrients of Public Health Concern

Children 2- 18 Years

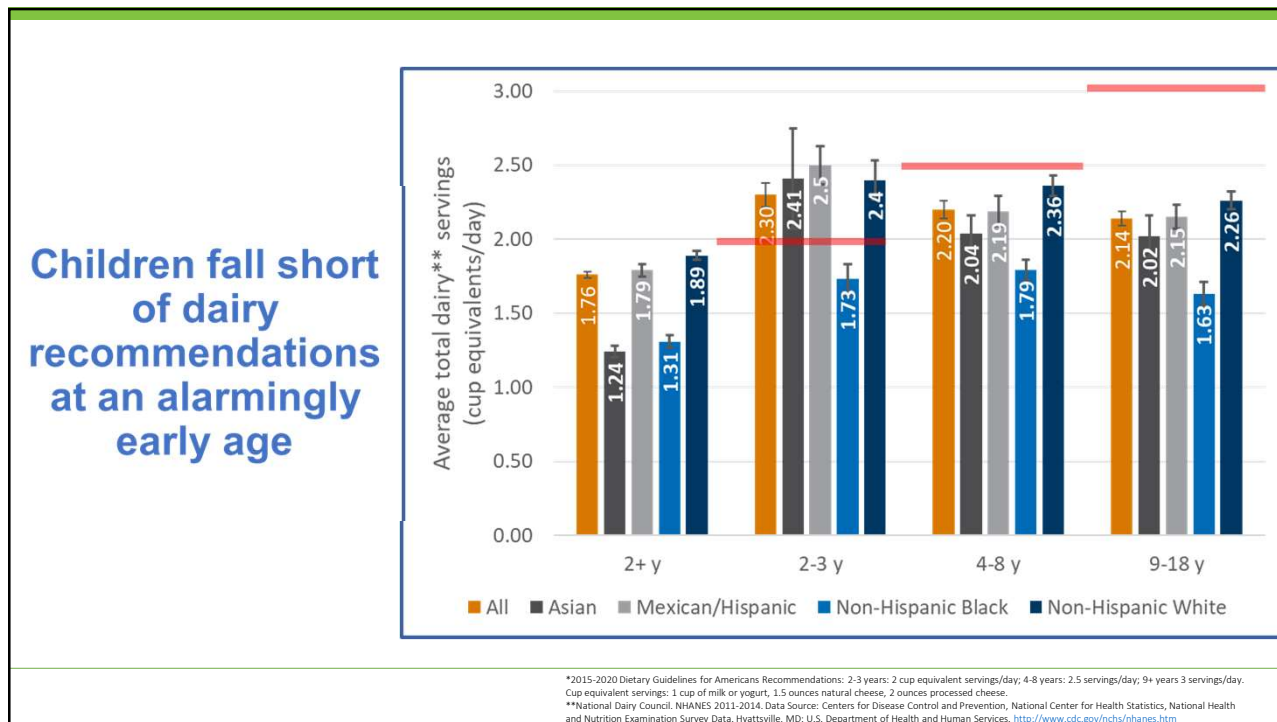
Adults 19-99 Years Old

CHILDREN 2-18 YEARS	ADULTS 19-99 YEARS OLD
CALCIUM 1 Cheese & milk (dairy) (tie) 2 Orange juice	CALCIUM 1 Milk (dairy) 2 Cheese 3 Orange juice
VITAMIN D 1 Milk (dairy) 2 Eggs 3 Fortified cereals	VITAMIN D 1 Milk (dairy) 2 Eggs 3 Soy Milk
POTASSIUM 1 Potatoes & sweet potatoes 2 Juice 3 Milk (dairy)	POTASSIUM 1 Potatoes & yams 2 Juice 3 Milk (dairy)
FIBER 1 Quinoa 2 Chickpeas 3 Pearled barley	FIBER 1 Quinoa 2 Chickpeas 3 Pearled barley

*Based on U.S. average price of unflavored, private label milk, 1 gal. [Source: IRI Total US - Multi Outlet + Conv 2020, YTD ending 10-4-20]

USDA FoodData Central (FDC ID: 602770)
 Drewnowski, A. J Am Coll Nutr. 2011.
 Hess, JM. Nutr J. 2019.

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Understanding the Gap Between Recommendations and Consumption

Rate of Household Food Insecurity by Race/Ethnicity

Respondents with children: 29.3%

All respondents with children by race/ethnicity:

- White: 24.3%
- Black: 37.7%
- Hispanic: 36.0%
- Asian: 25.4%

(May-5- July 21, 2020)

- Risk for food insecurity**
 - ✓ Within the past 12 months we worried whether our food would run out before we got money to buy more
 - ✓ Within the past 12 months the food we bought just didn't last and we didn't have money to get more.
- Lactose intolerance or milk allergy**
- Habits at home**
 - ✓ What does your child drink at meals?
 - ✓ What kind of milk, cheese or yogurt do you buy?
 - ✓ What dairy foods do you enjoy? (Role modeling)

Feeding America, "The Impact of Coronavirus on Food Insecurity," June 3, 2020.

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Asthma? Allergies? Lactose Intolerance?

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What's the Difference Between Milk Allergy and Lactose Intolerance?

	Milk Allergy	Lactose Intolerance
Prevalence	More common in children 0 to 3 years old (2.5%); 80% outgrow by 16 years	Rare in young children
Mechanism	Reaction to milk protein (i.e., casein)	Intolerance to milk sugar (lactose)
Symptoms May Include	Mild or severe symptoms involving skin, mouth, lungs, heart, gut and brain	Abdominal pain, flatulence, bloating and/or diarrhea
System Impacted	Response triggered by the immune system	Gastrointestinal (GI) response from an inadequate supply of lactase enzyme, which breaks down lactose
Management	Individuals should avoid milk and milk products (unless allergy is outgrown)	Find management strategies that work for them

Allergy and Asthma Foundation
NIH Consensus Development: Lactose intolerance and health. 2010.
National Medical Association Consensus Statement. 2013.

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A Look at Lactose in Dairy Foods	Dairy Food	Serving Size	Lactose (g)*	Did You Know?
	Low-fat and fat free milk	8 oz	12g	Try small amounts of milk in smoothies, on cereal or with meals. Having milk with solid foods helps slow digestion which can mean better tolerance
	Lactose-free cow's milk	8 oz	0g	Lactose-free cow's milk is real milk – just without the lactose
	Ultra-filtered milk	8 oz	0g**	Most ultra-filtered milks have lactase enzyme to lower the lactose. Double check with the manufacturer.
	Fat-free plain Greek Yogurt	1 cup	6.5g	There is less lactose in Greek yogurt because the straining process removes some of the lactose
	Mozzarella Cheese	1.5 oz.	0.3g	Due to the steps in cheese making and natural aging, natural cheese contains minimal amounts of lactose
	Cheddar Cheese***	1.5 oz	<1g	Processing milk to make cheese lowers the lactose content
	Processed American Cheese	2 oz	1.4g	American cheese, which is made from natural cheese, does not contain much lactose
	Ricotta Cheese	½ c	<1-6g	Ricotta cheese - a soft, natural cheese can contain minimal amounts of lactose
	Ice Cream	½ c	14g	There are lactose-free cow's ice creams available
Cream	1 Tbsp	<1g	Cream for coffee has minimal lactose	

*Food Data Central database; <https://fdc.nal.usda.gov/> **Some ultra-filtered milk may contain lactose. ***low moisture, part skim, (FDC 328637)

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Solutions for People with Lactose Intolerance

Test and tailor to find for what works for them


			Helpful Reminders
<p>TRY IT Opt for lactose-free cow's milk products</p> 	<p>SIP IT Start small and introduce dairy slowly</p> 	<p>STIR IT Mix milk with other foods to help slow lactose digestion</p> 	<ul style="list-style-type: none"> Lactose intolerance is an individualized condition An expert panel found most people who have trouble digesting lactose can tolerate ~12grams at one time (that's as much as a cup of milk) <ul style="list-style-type: none"> Start slowly with regular milk in cereal or a small amount at meals and build tolerance level back up Lactose-free milk is real cow's milk. It provides the same 9 nutrients, just without the lactose Most hard, natural cheese contain minimal lactose Yogurt's live and active cultures help digest lactose (and Greek and Icelandic yogurt have less lactose due to the straining process) Butter and cream have trace to no lactose
<p>SLICE IT Choose natural cheeses (e.g. Cheddar, Swiss)</p> 	<p>SHRED IT Add natural cheeses to foods (e.g. Parmesan)</p> 	<p>SPOON IT Yogurt's live and active cultures help digest lactose</p> 	

National Medical Association Consensus Statement. 2013.

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What About Plant-Based Alternatives?

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Healthy Beverage Consumption in Early Childhood
Recommendations from Key National Health and Nutrition Organizations

Plant-Based Dairy Alternatives:

Not Recommended for Young Children as "Nutrient Content Varies Widely"

Why aren't these products recommended for young children?

Plant-based, non-dairy milks aren't recommended as a complete dairy milk replacement for young children as the nutrient content of these milks varies widely. With the exception of fortified soy milk, these milks are not adequate nutritional substitutes for dairy milk, which has many nutrients essential for healthy growth and development.

Some plant-based, non-dairy milks have added nutrients, such as calcium and vitamin D, but the amounts vary by type and brand, and evidence suggests that our bodies may not absorb nutrients from plant milks as well as it can from dairy milk.

Unsweetened and fortified non-dairy milks may be a good choice if your child is lactose intolerant or allergic to dairy milk, or if your family has chosen not to eat animal products. Be sure to consult with your pediatrician or a registered dietitian nutritionist to choose a milk substitute for your child and discuss how to make sure his or her overall diet has enough of the key nutrients found in milk, such as protein, calcium, and vitamin D.

To learn more about what experts recommend at different stages for kids five and under, visit HealthyDrinksHealthyKids.org.


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Thirsty for more? Visit HealthyDrinksHealthyKids.org

[See the full guidelines and learn more at HEALTHYDRINKSHEALTHYKIDS.ORG](https://HEALTHYDRINKSHEALTHYKIDS.ORG)

https://healthydrinkshealthykids.org/app/uploads/2019/09/HDHK_One_Pager_Plant-Based-Non-Dairy-Milks.pdf

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North American Society For Pediatric Gastroenterology, Hepatology & Nutrition

North American Society for Pediatric Gastroenterology, Hepatology, and Nutrition Position Paper: Plant-based Milks

Russell J. Merritt,¹ Sarah E. Flierl,² Amanda Fifi,³ Candl Jump,⁴ Sally Schwartz,⁵ Timothy Sem,⁶ Debora Durso,⁷ Jeffrey Rudolph,⁸ and Justine Turner,⁹ for the NASPGHAN Committee on Nutrition

See "GOT MILK-ish?" by Rosen on page 149.

ABSTRACT

Parents and caregivers are increasingly feeding infants and young children plant-based "milk" (PBM) alternatives to cow milk (CM). The US Food and Drug Administration currently defines "milk" and related milk products by the product source and the inherent nutrients provided by bovine milk. Substitution of a milk that does not provide a similar nutritional profile to CM can be deleterious to a child's nutritional status, growth, and development. Milk's contribution to the protein intake of young children is especially important. For almond or rice milk, an 8 oz serving provides only about 2% or 8%, respectively, of the protein equivalent found in a serving of CM. Adverse effects from the misuse of certain plant-based beverages have been well-documented and include failure to gain weight, decreased stature, kwashiorkor, electrolyte disorders, kidney stones, and severe nutrient deficiencies including iron deficiency anemia, rickets, and scurvy. Such adverse nutritional outcomes are largely preventable. It is the position of the North American Society for Pediatric Gastroenterology, Hepatology, and Nutrition (NASPGHAN) Nutrition Committee, on behalf of the society, that only appropriate commercial infant formulas be used as alternatives to human milk in the first year of life. In young children beyond the first year of life requiring a dairy-free diet, commercial formulas may be a preferable alternative to cow's milk, when such formula constitutes a substantial source of caloric intake absent or reduced nutrients (eg, protein, calcium, vitamins D) in the child's restricted diet. Consumer education is required to clarify that PBMs do not represent an equivalent source of milk nutrients. In this position

paper, we provide specific recommendations for clinical care and needed research relative to PBMs.

Key Words: almond milk, cashew milk, childhood malnutrition, nutrition, coconut milk, flax seed milk, hemp milk, milk, oat milk, plant-based milk, rice milk, soy milk

(JPGN 2020;71: 276–281)

Parents and caregivers are increasingly feeding a young children plant-based "milk" (PBM) alternative to cow milk (CM) (1). In some cases, this is related to a concern or intolerance or the perception that these conditions are. In addition, pediatricians and pediatric gastroenterologists are being seeing families with health beliefs or religious values that either preclude CM intake or lead to a strong aversion (2,3). For some, this may be related in part to concerns related to the environmental impact of extensive farming (4,5). Such dietary choices may have naming sequences. Published literature and confirmatory clinical research of North American Society for Pediatric Gastroenterology, Hepatology, and Nutrition (NASPGHAN) members attest that plant-based beverages are fed inappropriately to infants (especially young children in lieu of infant formula or standard products), there is a potential for serious adverse effects. This Position Paper has its origins in a NASPGHAN meeting in a September 18, 2018 FDA Federal Register Request regarding the "Use of the Term of Dairy Free Labeling of Plant-Based Products" (Docket No. FDA-2018-0322). A working group from the Nutrition Committee

- "Substitution of a milk that does not provide a similar nutritional profile to CM can be deleterious to a child's nutritional status, growth, and development."
- "Milk's contribution to the protein intake of young children is especially important. For almond or rice milk, an 8 oz serving provides only about 2% or 8%, respectively, of the protein equivalent found in a serving of CM."
- "Adverse effects from the misuse of certain plant-based beverages have been well-documented and include failure to gain weight, decreased stature, kwashiorkor, electrolyte disorders, kidney stones, and severe nutrient deficiencies including iron deficiency anemia, rickets, and scurvy. Such adverse nutritional outcomes are largely preventable."
- "Consumer education is required to clarify that PBMs do not represent an equivalent source of such nutrients."

Received July 18, 2019; accepted March 4, 2020.

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J.P.G.N., Editor, Stockholm, Albert-Ludwigs-Universität, S. P. Spital, Nutrition.

North America, D.D., Spitalen Nutrition About Laboratories, Kate Farms and Forensic Consultant, Kate Farms, I.T. has received Research Funding from Vivotra, Inc.

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North American Society for Pediatric Gastroenterology, Hepatology, and Nutrition Position Paper: Plantbased Milks
Journal of Pediatric Gastroenterology and Nutrition - Volume 71, Number 2, August 2020

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What Type of Milk Should I Feed My Child?

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Milk's Nutrition Profile is Tough to Match

The infographic compares milk's nutrition profile to six plant-based alternatives. Each comparison includes a table for calories, ingredients, and macronutrients (Total Fat, Saturated Fat, Carbohydrates, Sugar, Added Sugar, Protein). A bar chart titled 'Micronutrients (%DV)' compares milk to unsweetened almond beverage across 14 nutrients. Milk is consistently shown as a 'Good/Excellent Source' for most nutrients, while plant-based alternatives often lack certain micronutrients or have significantly lower levels.

Micronutrients (%DV) Comparison:

Micronutrient	Unsweetened Almond Beverage (8 oz)	1% Milk (8 oz)
Total Fat	15	45
Saturated Fat	15	25
Carbohydrates	15	15
Sugar	15	15
Added Sugar	15	15
Protein	15	15
Calcium	15	15
Vitamin D	15	15
Vitamin A	15	15
Vitamin E	15	15
Vitamin K	15	15
Vitamin B12	15	15
Vitamin B6	15	15
Vitamin B2	15	15
Vitamin B1	15	15
Sodium	15	15

Good/Excellent Source: Unsweetened Almond: 6 essential nutrients*; Milk: 9 essential nutrients including protein**

Sodium: Unsweetened Almond: 190 mg; 1% Milk: 205 mg

* Unsweetened Almond Beverage: 14 ingredients: Unsweetened Almond, Water, Natural Flavors, Stevia Leaf Extract, Citric Acid, Potassium Citrate, Calcium Carbonate, Vitamin E Acetate, Zinc Oxide, Vitamin A Palmitate, Riboflavin (B2), Vitamin B12, Vitamin D2.
** 1% Milk: 9 ingredients: Lactose, Milk, Vitamin A Palmitate, Vitamin D2, Water, Sodium Citrate, Potassium Citrate, Calcium Carbonate, Vitamin E Acetate, Zinc Oxide, Vitamin A Palmitate, Riboflavin (B2), Vitamin B12, Vitamin D2.

<https://www.usdairy.com/news-articles/how-milk-compares-to-various-plant-based-alternative-beverages>

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There's an Option in the Dairy Aisle for Everyone

Regardless of farming or production practices, all cows' milk options are nutrient-rich, safe and wholesome:

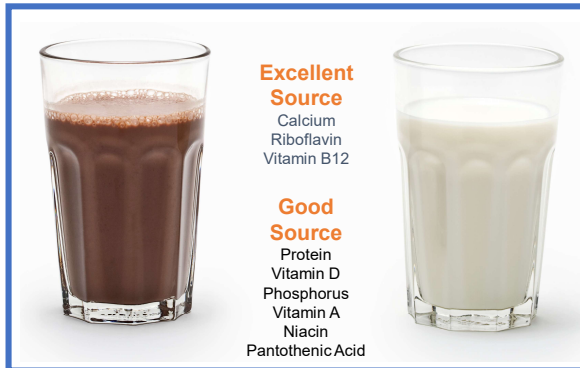
- Conventional
- Organic
- Grass-fed
- A2 Beta Casein

The photograph shows a well-stocked dairy aisle with multiple rows of milk cartons. The focus is on the variety of options available, from standard 1% milk to more specialized products, all neatly arranged on metal shelving.

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Flavored Milk: Consider the Full Nutrient Package

Flavored Milk & Plain Milk = Same 9 Essential Nutrients



Added Sugar Contribution Diets 2-18 years old (NHANES 2011-14)	
Sugar Sweetened Beverages	36%
Flavored milk	4%
Yogurt	2%

Cifelli, C.J., et al. *The FASEB Journal*. 2016.
NHANES Data from: Dairy Research Institute®. NHANES 2011-2014.

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Teens and Tweens: *Puberty? Acne?*

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There is No Link Between Dairy Intake and Early Puberty

- Science does not support link between early puberty and consumption of milk
- No conclusive evidence that any food is linked with early puberty
- Observational studies link higher body mass index or increased bodyfat to earlier initiation
- Early puberty can be a sign of malfunction of endocrine glands or other underlying medical problem. Important to seek medical advice



JN THE JOURNAL OF NUTRITION

Milk Consumption after Age 9 Years Does Not Predict Age at Menarche¹⁻³

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Prospective Study
N=5,583 premenarcheal girls ages 9-14 in 1996.
Followed through 2001

“Our findings suggest that regular consumption of milk in girls aged 9 y is unlikely to substantially affect age at onset of menarche. Studies assessing associations between diet in early childhood and pubertal timing may be more illuminating.”

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Debunking the Milk and Acne Myth

85% people between 12 and 24 report at least one occurrence of acne¹



JAAD Journal of the American Academy of Dermatology

“Given the current data, no specific dietary changes are recommended in the management of acne.”

Guidelines for Management of Acne Vulgaris. J Am Acad Dermatol May 2016.

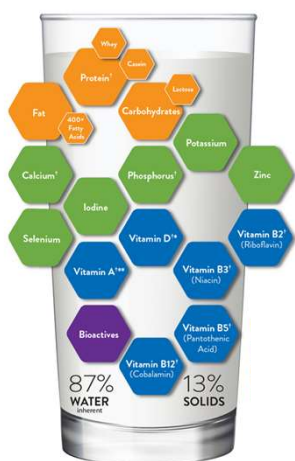
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A Moment for Mom

Setting the Stage: The First 1,000 Days

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Dairy Foods Provide Important Nutrients for the First 1,000 Days



Vitamin B12

- Insufficient prenatal vitamin B12 intake can lead to higher risk of:
 - Gestational diabetes
 - Pregnancy loss
 - Fetal neural tube defects
 - Fetal orofacial clefts
 - Small for gestational age
 - Low weight
- Milk, cheese and yogurt are good or excellent sources of vitamin B12

Iodine

- Potential nutrient of public health concern
- Needs increase 50% during pregnancy.
- Prenatal iodine deficiency may lead to irreversible neurocognitive defects
- Milk and yogurt are good sources of iodine

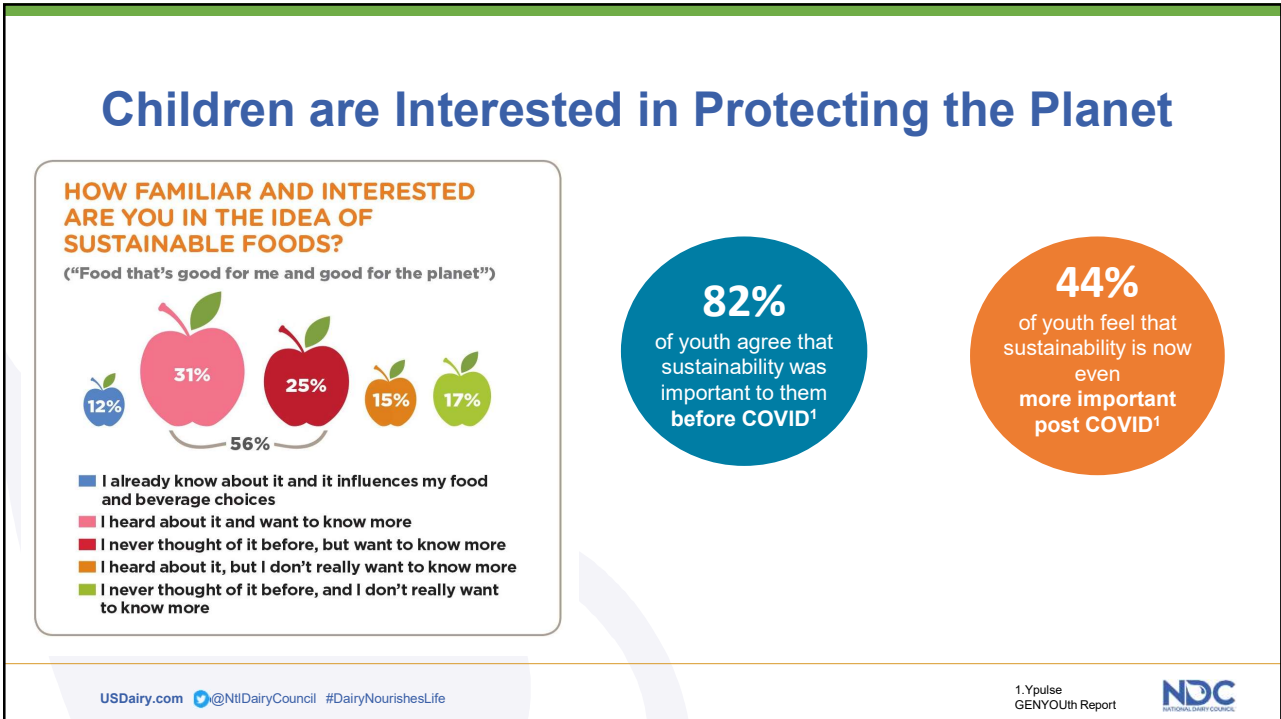
* Milk is a good or excellent source of 9 essential nutrients
 • Vitamin D is added to milk.
 • Vitamin A is naturally occurring in whole milk, and added to reduced-fat, low-fat and fat-free milks.

1. 2020 Dietary Guidelines Advisory Committee's Scientific Report.
 2. Pediatric Nutrition 8th ed. American Academy of Pediatrics, 2019.

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Is Dairy Good For The Planet?

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UNDENIABLY DAIRY

**DID YOU KNOW,
PRODUCING A GALLON OF MILK
IS GETTING GREENER**

America's dairy farmers are committed to feeding people while taking care of the planet.

19% less GHG emissions

21% less land used

30% less water used

From 2007-2017

Judith L. Capper, Roger A. Cody, The effects of improved performance in the U.S. dairy cattle industry on environmental impacts between 2007 and 2017, Journal of Animal Science, Volume 98, Issue 1, January 2020, skz291, <https://doi.org/10.1093/jas/skz291>

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Wrapping Up

- Childhood is a critical window to learn to like foods and build healthy habits to prevent chronic disease
 - Introduction of cheese and yogurt ~ 6 months provides a unique taste and sensory experience
 - Whole milk should be introduced around the first birthday
 - Authoritative bodies recommend milk and water as the go-to beverages for children and caution alternatives may not provide the same nutritional package
- Dairy foods have an important role in the diets of expectant moms and the health of their babies

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Dairy Foods Are An Important Part of Healthy Eating Styles

Children fall short on dairy recommendations by 4 years of age

Age	Daily Dairy Food Recommendations
Birth-6 months	Breast milk or formula only – no solid foods
6-8 months	Pasteurized cheese and plain whole milk yogurt
8-12 months	½ ounce pasteurized cheese and ½ cup plain whole milk yogurt
12-24 months	4-5, ½ cup servings plain whole milk, ½ ounce cheese or ½ cup serving yogurt
2-3 years	2 cup-equivalent servings low-fat or fat-free milk, cheese, yogurt or fortified soy beverage
4-8 years	2.5 servings low-fat or fat-free milk, cheese, yogurt or fortified soy beverage
≥ 9 years	3 servings low-fat or fat-free milk, cheese, yogurt or fortified soy beverage

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Scientific Report of the 2015 Dietary Guidelines Advisory Committee
American Academy of Pediatrics and National Dairy Council. A Feeding Guide for Children



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Overcoming Obstacles

- Milk allergy and lactose intolerance are very different conditions
 - LI is uncommon in children and is a highly individualized condition, the good news is there are dairy-based solutions that can be tailored to meet most peoples' needs
- There is no need to eliminate dairy if concerned about acne or asthma and no link between dairy intake and early puberty
- Regardless of farming or production practices, cow's milk, including lactose free, provides the same nine essential nutrients, is safe and wholesome
- There are numerous affordable, delicious and fun ways to incorporate dairy in the diets of children and adults!



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Host of Resources on USDairy.com

10+ Science Summaries

Recipes

Grilled Pizzas Made With No-Yeast Greek Yogurt Pizza Dough

Cottage Cheese and Fruit Blender Ice Cream

Grilled Jicama, Watermelon and Avocado Salad With Cotija Cheese

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Sustainable Nutrition Internship

Application: Linked in post webinar email
Deadline: **February 15, 2021**

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Questions?

Please enter your questions into the chat window.



Continuing education certificates and handouts will be shared via email within 24 hours of the webinar's conclusion.

The full webinar recording will be available next week on USDairy.com.



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