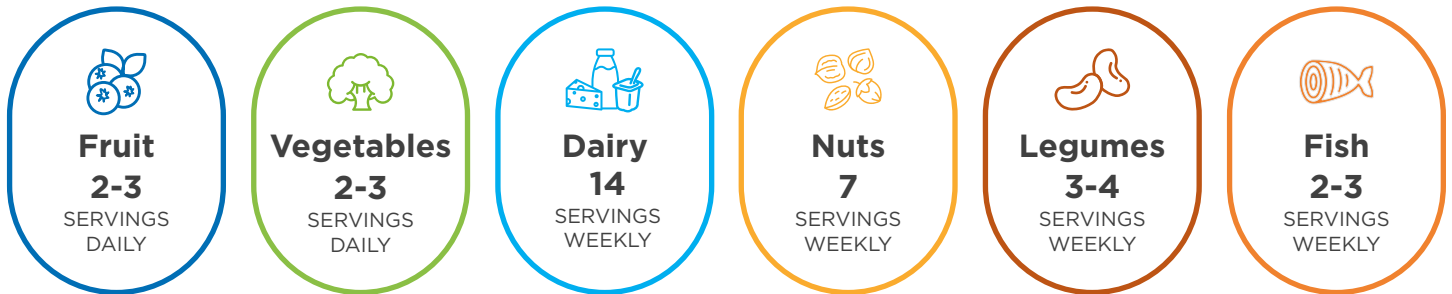


IS IT TIME TO SEE WHOLE MILK DAIRY FOODS DIFFERENTLY?

When it comes to heart health, growing research indicates more room for fat flexibility

LANDMARK PURE STUDY FINDS DAIRY FOODS, INCLUDING WHOLE MILK DAIRY FOODS, BENEFIT HEART HEALTH¹



THE PURE HEALTHY EATING PATTERN

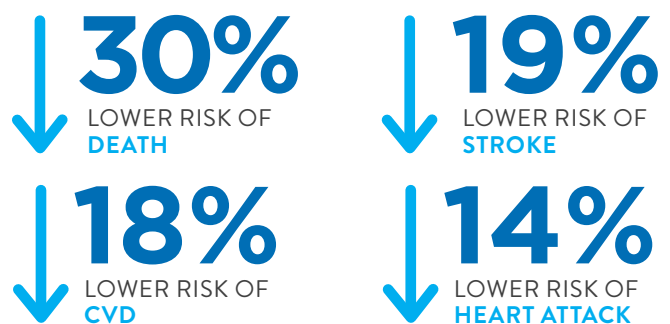
Researchers developed a healthy diet score using data from the Prospective Urban Rural Epidemiology (PURE) cohort and explored its effectiveness on nearly 245,000 adults from 80 countries, and identified six food groups that were linked to health and longevity: fruits, vegetables, legumes, nuts, fish and dairy foods. Specifically, **diets that included 14 servings of dairy per week (mainly whole milk dairy foods) were linked to reduced risk of cardiovascular disease (CVD), heart attack, stroke and mortality.** The PURE diet's beneficial effects were stronger when compared to other healthy dietary patterns like the Mediterranean and DASH diets.

SUPPORTING STUDIES SHOW...

MILK, CHEESE AND YOGURT AT A VARIETY OF FAT LEVELS MAY HAVE PROTECTIVE EFFECTS AGAINST CVD AND CVD MORTALITY.¹⁻⁶

- 1 Research has shown that a daily serving of cheese, regardless of fat level, was linked to reduced risk of multiple health outcomes including mortality and heart disease.²
- 2 Consuming more than 2 servings of dairy foods per day has been linked to a 26% reduced risk of death from heart disease.³

THE PURE DIET* WAS LINKED TO



*Risk reductions based on 9.3-year follow-up comparing greatest adherence to the PURE diet to lowest adherence to the PURE diet.

BENEFITS OF DAIRY FOODS GO BEYOND THEIR INDIVIDUAL NUTRIENTS²⁻⁶

Emerging research suggests it's the *whole food* — not just the individual nutrients within — that affect health outcomes. That's because foods like milk, cheese and yogurt are made up of not only nutrients, but also bioactive compounds and physical components, all of which influence how a food is digested, absorbed and metabolized. Thus, the fat content of one food may impact health differently than fat from a different food. This whole-food effect may help explain why research increasingly shows that whole milk dairy foods may have protective heart health effects.

GLOBAL FLAVORS FOR HEART HEALTH

PURE DIET-INSPIRED REGIONAL DISHES

The PURE study, reflecting health outcomes from people from **80 different countries across 5 continents**, underscores the basics of a protective diet for global health. In addition to focusing on the PURE diet's six beneficial food groups, heart-healthy diets can absolutely be culturally relevant and reflective of family traditions and native foodways. While local foods and flavors can be unique to different regions, a variety of dairy foods, including whole milk dairy foods, are enjoyed as a staple in many parts of the world.¹

DAIRY-FORWARD DISHES FROM AROUND THE GLOBE



UNITED STATES
Cottage cheese (fat level of choice) topped with fresh blueberries and chopped nuts



GREECE
Greek yogurt tzatziki (fat level of choice) with cucumber and tomato



MEXICO
Elote* with chili seasoning, aoli, lime and queso fresco
*Mexican street corn, grilled on the cob



AFRICA
Harissa yogurt sauce (fat level of choice) with chickpeas and greens



SOUTH AMERICA
Peruvian smoothie of mango, pitaya, and papaya with lactose-free milk (fat level of choice)



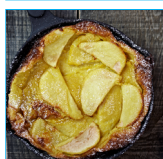
VIETNAM
Vietnamese-style yogurt made with condensed milk, whole milk, non-fat Greek yogurt, hot water and dragon fruit



MIDDLE EAST
Labneh* with whole-grain pita or crackers and veggies *48-hour strained/ refrigerated whole milk yogurt used as a spread with drizzle of olive oil, sprinkled with Zaatar



INDIA
Chicken tikka masala with chicken marinated in yogurt (fat level of choice)



THE NETHERLANDS
Dutch baby* with smoked gouda and apple
*Baked pancake



NEW ZEALAND
Whole grain toast topped with ricotta cheese and sliced kiwi fruit



EAGER TO EXPLORE A GLOBALLY INSPIRED DAIRY DISH?

TRY MAKING YOUR OWN VIETNAMESE YOGURT AT HOME!



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5. Chen Z, et al. Dairy Product Consumption and Cardiovascular Health: A Systematic Review and Meta-analysis of Prospective Cohort Studies. *Adv Nutr* 2022, 13:439-454. Available at: <https://www.sciencedirect.com/science/article/pii/S2161831322000710>
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