

# Adults 19-59 Years



## Staying Healthy and Vibrant



Healthy eating patterns that include low-fat or fat-free dairy foods are associated with reduced risk for several chronic diseases, including cardiovascular disease and type 2 diabetes. In addition, dairy foods provide calcium and protein, which are particularly important for accruing peak bone mass in early adulthood.<sup>1</sup>



### Dairy's Unique Contributions

For many, adulthood becomes about routines – creating them and sticking to them to juggle an ever-growing list of home, family and work responsibilities. To live their best life, adults are seeking ways to improve their diets to support all the demands thrown their way. Enjoying dairy foods is one way to support healthy eating throughout adulthood.



Inflammation is a hot topic. Research has consistently shown that milk, cheese and yogurt do not cause inflammation and some studies have shown dairy foods may even be beneficial in reducing chronic inflammation.<sup>2</sup>



A healthy immune system is essential to wellness. The nutrients in dairy foods play an important role in immunity. Milk, for example, provides vitamins A and D, protein, zinc and selenium.<sup>3</sup>



### Recommended Daily Dairy Servings<sup>1,6</sup>



**3 cups**

See backside for what counts as a serving of dairy. There are a variety of ways to enjoy milk, cheese and yogurt to meet the recommended daily servings.

### Special Considerations



It is more than a “gut feeling.” Fermented dairy foods like yogurt with live cultures, hard cheeses and kefir can benefit gut health by helping to maintain gut barrier function.<sup>4</sup> They also contain unique bioactives, due to the fermentation process, that may improve health.<sup>5</sup>



Lactose intolerant? While it is a condition to take seriously, the good news is most people with lactose intolerance can handle small amounts of lactose. There are many solutions to try that may help people continue to enjoy the great taste and nutritional benefits of dairy foods without discomfort. For example, working small amounts into meals or choosing foods with minimal amounts or no lactose, like yogurt, hard cheeses (such as Cheddar) or lactose-free milk, are strategies to incorporate dairy foods in a low-lactose or lactose-free eating style.





## Try this Recipe

### Turkish Eggs with Greek Yogurt and Sautéed Spinach

Makes 2 servings

#### Ingredients:

- 2 large eggs
- 2 cups Greek yogurt (fat level of choice)
- 2 teaspoons lemon juice
- 4 teaspoons olive oil
- 1 small garlic clove, minced
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon smoked paprika
- 2 cups fresh baby spinach
- 8 small cherry tomatoes, quartered
- 1 tablespoon fresh basil, minced
- Salt and pepper to taste
- 4 slices whole-grain bread, toasted



#### Instructions:

1. Bring a small pot of water to a simmer. Break eggs, one at a time into a small dish or ramekin. Carefully add eggs, one at a time to water. Cook eggs until whites are set and yolks begin to thicken, 3-5 minutes. Use a slotted spoon to transfer eggs to a plate lined with a paper towel.
2. Combine yogurt and lemon juice in a bowl and whisk until smooth.
3. Heat olive oil in a large skillet over medium heat. Add garlic, red pepper flakes and paprika and cook, stirring constantly for 30 seconds. Add spinach and cook until wilted and coated.
4. To serve, divide Greek yogurt mixture evenly between two shallow bowls. Top each bowl with half of the spinach mixture and nestle an egg in the center. Garnish with tomatoes and basil. Season to taste with salt and pepper and serve immediately with toasted bread.



## Make Every Bite & Sip Count



Have a plant with dairy. Dairy foods and plant foods bring different nutrients to the table and complement each other's flavors and textures. Think ricotta and strawberries, Cheddar cheese and apples, berries and yogurt, or tomatoes baked with feta.



Lean into yogurt's versatility to enhance everyday meals. It can serve as the base for dips, dressings, and marinades. Plain, thick yogurt – like Greek- and Icelandic-style varieties – is an excellent topping for tacos, stews, soups or sandwiches.

#### Sources

1. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020.
2. Cifelli C. Does dairy cause inflammation? 2021.
3. Calder PC, Carr AC, Gombart AF, Eggersdorfer M. Optimal nutritional status for a well-functioning immune system is an important factor to protect against viral infections. *Nutrients*. 2020;12(4):1181.
4. Bell V, Ferrão J, Pimentel L, Pintado M, Fernandes T. One health, fermented foods, and gut microbiota. *Foods*. 2018;7(12):195.
5. Dimidi E, Cox SR, Rossi M, Whelan K. Fermented foods: definitions and characteristics, impact on the gut microbiota and effects on gastrointestinal health and disease. *Nutrients*. 2019;11(8):1806.
6. U.S. Department of Agriculture. MyPlate. What foods are included in the Dairy Group? 2020.



Milk, yogurt and cheese are foundational foods that help nourish people throughout life. Dairy foods, including lactose-free varieties, are highly nutritious and accessible options that help fill nutrient gaps and contribute to healthy eating patterns. To learn more about how dairy foods help people thrive across the lifespan, visit [USDairy.com](http://USDairy.com).

