



Dairy Nourishes Network Webinar Highlights

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The logo features the text "Dairy Nourishes" in a white, sans-serif font on a blue background. Below it, the word "NETWORK" is written in a green, spaced-out, sans-serif font, flanked by two white horizontal lines. The background of the entire slide is a collage of fresh produce including tomatoes, broccoli, and a bowl of white cheese.

Dairy Nourishes — NETWORK —

Dairy Nourishes Network brings food, nutrition and health professionals together to learn and discuss how dairy foods are part of nourishing people and communities, while also being mindful of the planet.

Join us today!

[NationalDairyCouncil.org/
DairyNourishesNetwork](https://NationalDairyCouncil.org/DairyNourishesNetwork)





A World Well-Nourished:
*Dairy's Role in Health and
Sustainable Food Systems*

NDC
NATIONAL DAIRY COUNCIL™



Global Spotlight on Nutrition and Sustainability



UNITED NATIONS DECADE OF
ACTION ON NUTRITION



2016-2025



Dairy Cows Contribute to the Nutrient Cycle of the Food System

Honoring the Harvest is about how we work together to use food with good purpose, so it's never wasted.

That means ensuring all people have access to nutrient-rich foods and also utilizing parts of food people can't or won't eat by moving nutrients through food systems – from people, to animals and back to the land to grow more food sustainably – rather than going to a landfill. We all have a role to support this cycle and build sustainable food systems that benefit people, communities and the planet.

Learn how the dairy community contributes to a natural nutrient cycle.

WORKING TOGETHER WE CAN HONOR THE HARVEST AND LIVE BETTER

NOURISH PEOPLE

NOURISH ANIMALS

NOURISH THE LAND

INNOVATION CENTER FOR U.S. DAIRY
HEALTHY PEOPLE • HEALTHY PRODUCTS • HEALTHY PLANET

NDC
NATIONAL DAIRY COUNCIL

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The infographic features a central circular diagram with three segments: 'NOURISH PEOPLE' (blue arrow pointing right), 'NOURISH ANIMALS' (orange arrow pointing down), and 'NOURISH THE LAND' (green arrow pointing left). In the center, two stylized human figures hold a large bowl filled with various food items like fruits, vegetables, and a milk carton. The background shows a landscape with rolling hills and a blue sky with clouds.





*Fat or Fiction:

The Science of
Whole Milk Dairy Foods
within Healthy Eating
Patterns



Original Diet Heart Paradigm

The original diet-heart paradigm reasoned that because saturated fat raises LDL (“bad”) cholesterol, and LDL cholesterol raises coronary heart disease (CHD) risk, then saturated fat raises CHD risk



The latest evidence indicates the real story may be more complex.

Mozaffarian D Curr Atheroscler Rep 2005



Emerging evidence suggests that whole milk dairy is not associated with increased risk for CVD or Type 2 Diabetes

<https://www.nationaldairycouncil.org/content/2019/whole-and-reduced-fat-dairy-foods-and-cardiovascular-disease>



SCIENCE BRIEF: Whole and Reduced-Fat Dairy Foods and CVD Risk

New science supports reassessing the role of dairy foods in healthy eating patterns

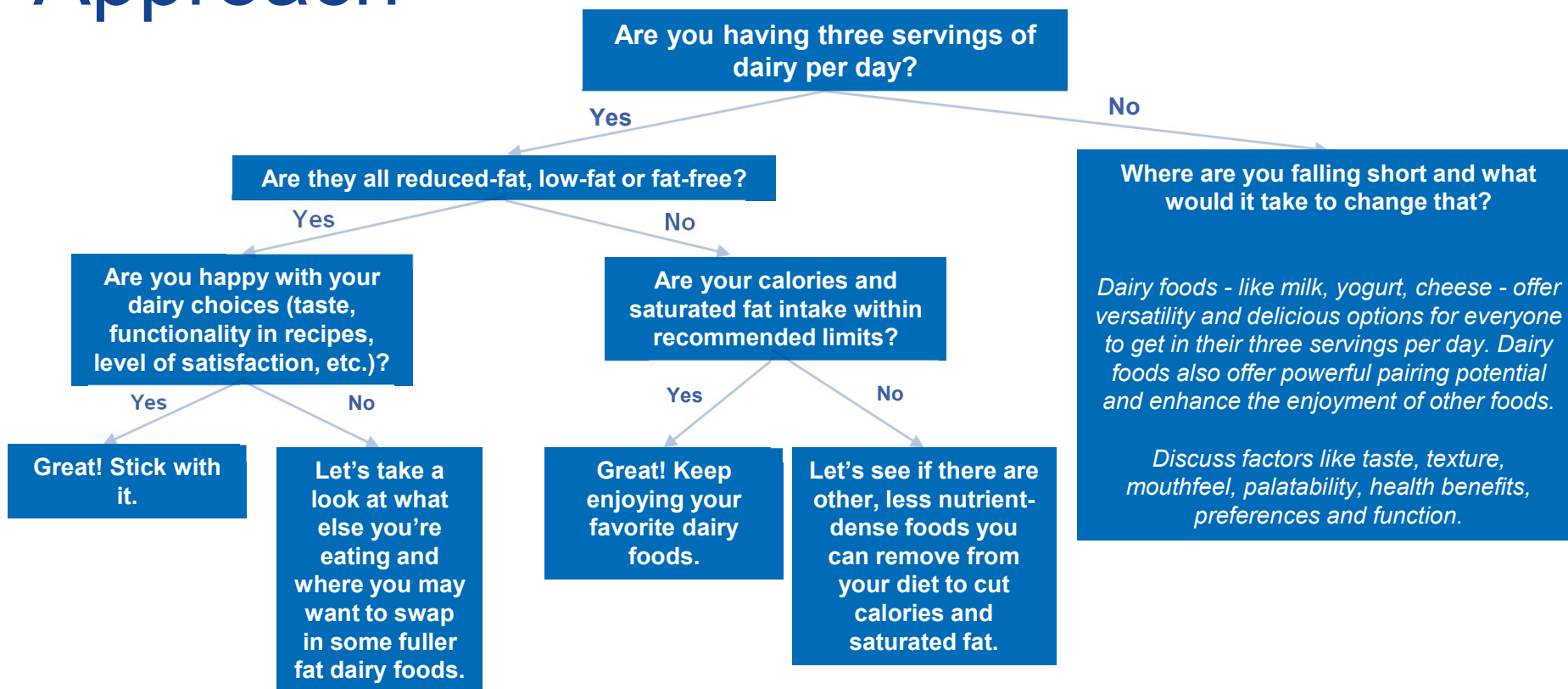


Overview

The 2015-2020 Dietary Guidelines for Americans (DGA) recommend choosing low-fat and fat-free milk, cheese or yogurt as part of healthy eating patterns. Dairy foods (such as milk, cheese, yogurt) make significant nutrient contributions to U.S. diets, including nutrients underconsumed by most Americans—calcium, vitamin D and potassium—as well as magnesium, phosphorus, zinc, vitamin A, vitamin B12, riboflavin (B2), choline, high-quality protein and saturated fat. Recommendations to reduce saturated fat consumption are intended to lower rates of cardiovascular disease (CVD), including coronary heart disease (CHD or heart attack) and cerebrovascular disease (stroke). In recent years, however, emerging research has found that saturated fat consumption may not be directly linked to CVD risk, indicating saturated fat on its own may be a poor metric for identifying healthy foods or diets. In addition, observational and trial evidence has found that dairy food consumption—regardless of fat content—is not associated with higher risk for CVD. The growing evidence base supports reassessing the role of whole and reduced-fat dairy foods in healthy eating patterns to inform future nutrition guidance regarding CVD and other cardiometabolic diseases.



Guiding Clients with a Fat Flexible Approach





***Get Cultured on Fermented Dairy Foods**



Fermented Food and Gut Health

- The human digestive tract contains approximately 100 trillion bacterial cells = gut microbiota¹
- An imbalance between “good” bacteria and “bad” bacteria = dysbiosis²
- Factors influencing the gut microbiota composition²
 - Vaginal birth vs. Cesarean
 - Breast vs. formula feeding infants
 - Diet and intake of fiber
 - Antibiotic use
 - Hygiene levels
 - Genetic background
- Some diseases are characterized by microbial colonization patterns that differ from healthy controls³
- Fermented foods *may* contain living cultures that can add beneficial bacteria to the digestive tract³
- Eating fermented foods helps maintain a balance between good and bad bacteria
→ contributing to a healthier microbiota³



1. Turnbaugh PJ, et al. *Nature*. 2007;449:804–810.
2. Gagliardi A, et al. *Int J Environ Res Public Health*. 2018;15:1679-.
3. Ko CR and Hutkins R. *Nutrition Reviews*. 2018;76(S1):4-15.





Dairy DYK: Your Top Questions Answered





Protein:
Plant? Animal? Health? Planet?





JAMDA

journal homepage: www.jamda.com



Special Article

Evidence-based Recommendations for Optimal Dietary Protein Intake in Older People: A Position Paper From the PROT-AGE Study Group

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ABSTRACT

Keywords:

Older people
dietary protein
exercise
protein quality
physical function

New evidence shows that older adults need more dietary protein than do younger adults to support good health, promote recovery from illness, and maintain functionality. Older people need to make up for age-related changes in protein metabolism, such as high splanchnic extraction and declining anabolic responses to ingested protein. They also need more protein to offset inflammatory and catabolic conditions associated with chronic and acute diseases that occur commonly with aging. With the goal of developing updated, evidence-based recommendations for optimal protein intake by older people, the European Union Geriatric Medicine Society (EUGMS), in cooperation with other scientific organizations, appointed an international study group to review dietary protein needs with aging (PROT-AGE Study Group). To help older people (>65 years) maintain and regain lean body mass and function, the PROT-AGE study group recommends average daily intake at least in the range of 1.0 to 1.2 g protein per kilogram of body weight per day. Both endurance- and resistance-type exercises are



Various Professional Definitions of "Plant-Based"

- No formal definition to the term “plant-based”
- Health professionals have described plant-based as:
 - Strict vegan eating
 - A vegetarian diet
 - A diet that includes “some” animal foods
 - “Flexitarian”
 - “Plant-forward”
 - “Plant-rich”



The logo for NDC (National Dairy Council) is displayed in white, bold, sans-serif capital letters against a blue background.A collage of food images is arranged in a hexagonal pattern on the left side of the slide. The images include: a jar of milk, fresh carrots, almonds, a splash of milk, a piece of salmon, and various types of cheese (including blue cheese). The collage is set against a background of colorful hexagons in shades of green, orange, and purple.

The Dairy Matrix:

More Than The Sum of its Nutrients



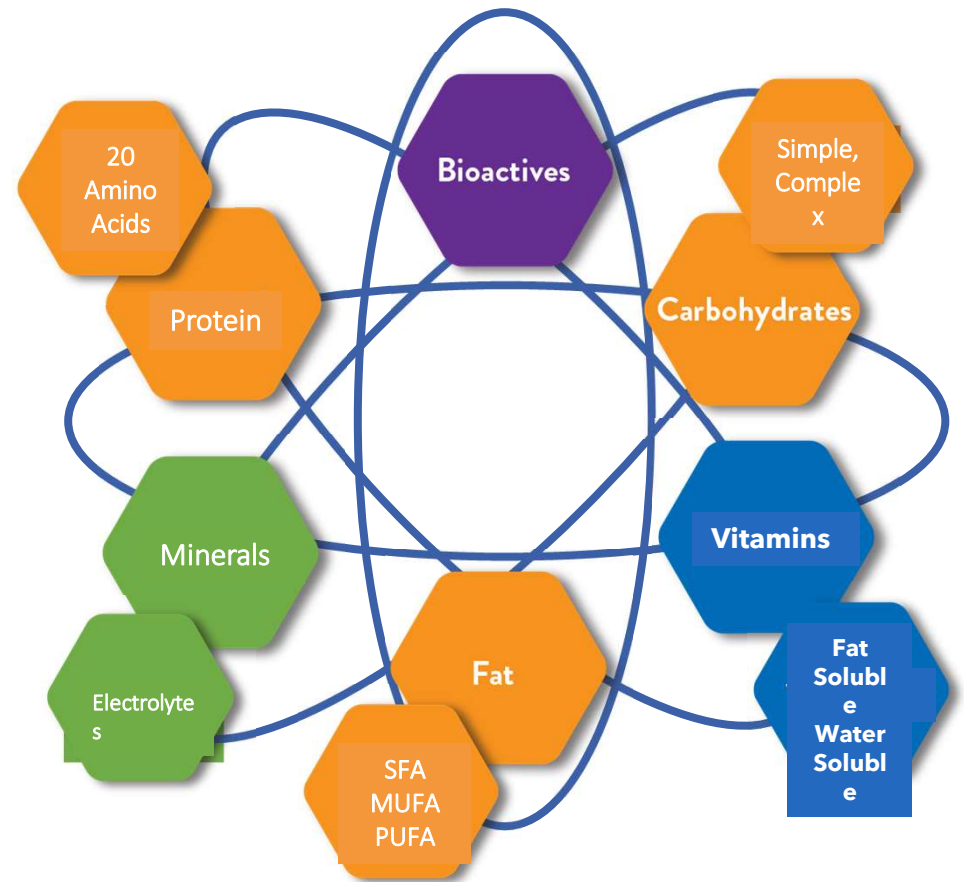
Food Matrix

food ma·trix

noun

The nutrient and non-nutrient components of foods and their molecular relationships, i.e. chemical bonds, to each other.

-USDA



<https://agclass.nal.usda.gov/mtwdk.exe?k=glossary&i=60&w=6026&s=5&t=2>

THE ETHICS OF
HUNGER.
NOURISHING
COMMUNITIES
IN NEED.



A promotional graphic for the Dairy Nourishes Network. It features a background image of fresh produce including tomatoes, broccoli, and a bowl of white cheese. The text is arranged in a clean, modern layout with blue and white color schemes and decorative horizontal bars in green, orange, and red.

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