The U.S. Dietary Guidelines have determined that people who consume more dairy foods - milk, cheese and yogurt - have better overall diets and see improved bone health. Dairy foods are naturally nutrient-rich and provide calcium, potassium, phosphorus, minerals, all essential for human growth and development.

Did you know many people miss out on health benefits due to avoiding dairy? Studies show, when consumed as part of a healthy diet, dairy can contribute to better bone health, and improve overall diet quality.

Learn more truths about dairy inside.

**Importance of dairy foods in the diet**

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**The Dairy Farm Families of the Southeast**

For dairy recipes and information about how to incorporate dairy into your diet, visit [www.southeastdairy.org](http://www.southeastdairy.org).

Southeast United Dairy Industry Association, Inc.
5340 W. Fayetteville Road, Atlanta, GA 30349
1-800-343-4693
By using a large amount of pesticides, farmers don’t care about their farms or the environment. Dairy farmers do care about their farms and the land.

Environmental practices on all dairy farms are tightly regulated by both federal and state agencies. Dairy farmers consistently meet or exceed those regulations.

**FACT**
Myth Only whole milk contains vitamin D.

**FACT**
All milk, regardless of the fat content, is fortified with vitamin D. In fact, milk is the number one food source of calcium, potassium and vitamin D, which are critical for bone development. Milk also offers a good source of protein.

**Myth**
For the price, juice supplies more nutrients.

**FACT**
At just 25 cents per eight-ounce glass, milk provides twice as many nutrients and vitamins as soft drinks and juices.

**Myth**
Soy, almond, coconut and rice beverages are a healthy substitute for cow’s milk.

**FACT**
While some dairy cow milk alternative beverages are a good source of plant protein, they are fortified and do not offer the same nutrient package (calcium, potassium, phosphorus, protein, vitamins A, D and B12, riboflavin and niacin) found in milk.

**Myth**
Flavored milk isn’t good for you because of its sugar content.

**FACT**
Flavored milk and white milk both contain nine essential vitamins and minerals including protein and calcium. Research shows children who drink flavored milk meet more of their nutrient needs; do not consume more added sugar, fat or calories; and are not heavier than non-milk drinkers.

**Myth**
Unpasteurized milk offers more health benefits than pasteurized milk.

**FACT**
Unpasteurized or raw milk and foods made from it do not provide any more health benefits than pasteurized milk. Raw milk can pose serious health risks such as tuberculosis and exposure to E.coli, listeria and salmonella.

**Myth**
People who are sensitive to lactose should avoid milk and other dairy foods.

**FACT**
Lactose intolerance doesn’t mean dairy intolerance. Some people with lactose sensitivity can drink up to one cup of milk with a meal. Hard cheeses and cultured products like yogurt are also a good option, because most lactose is removed. Lactose-free milk is also a great option.

**Myth**
Dairy cows are given unnecessary antibiotics, then the antibiotics are transferred into the milk we drink.

**FACT**
Cows are only given antibiotics under conditions approved by a veterinarian. Once a cow is given antibiotics, she is separated from the regular herd and continues to be milked, but her milk is discarded. That milk is not put in to the tank with other milk and never reaches the store.

**Myth**
Genetically modified (GMO) foods are to blame for my food allergies.

**FACT**
GMO foods do not cause allergies. In the nearly two decades GMO foods have been on the market, not one case of allergies was confirmed due to GMOs, according to the FDA.

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