Study Overview:

The Prospective Urban Rural Epidemiology (PURE) study including 147,812 individuals (aged 35-70 years) from 21 countries and five continents found that those who ate at least two servings of dairy a day compared to those who ate no dairy had a 24% lower prevalence of metabolic syndrome (MetS). The prevalence was even lower (28%) among those who ate at least two servings of whole-fat dairy compared to those who ate no daily dairy.

The researchers also found an 11% and 12% lower incidence of hypertension and diabetes respectively for those who consumed at least two servings of dairy a day compared to those who ate no dairy. The incidence was even lower for both conditions (13% and 14%) if more than three daily servings of dairy were consumed instead of two.

“If these findings are confirmed by large randomized trials, increasing dairy consumption may represent a feasible and low-cost approach to reducing MetS, hypertension, diabetes, and ultimately cardiovascular disease events worldwide.” – The Study Authors

> 2 daily servings of whole-fat dairy foods linked to

- 28% Lower Prevalence
- 12% Lower Incidence
- 11% Lower Incidence

Metabolic Syndrome

Diabetes

Hypertension
3 Easy Ways to Meet Dairy Recommendations

**Milk With Meals**
Enjoying milk with breakfast, lunch and dinner is an easy way enjoy three servings of dairy every day.

**Have a Plant With Dairy**
About 9 out of 10 people fall short on dairy and vegetable recommendations. Pairing dairy with plants brings nutrients, taste and texture to the plate.

**The Dairy Trifecta**
Striving for a serving of milk, cheese and yogurt each day is a great way to enjoy all that dairy has to offer.

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**Pomegranate Smoothie**

Makes 4 Servings | Total Time 8 minutes

**Ingredients**
1 banana
2 cups (16 ounces) plain yogurt
1 cup pomegranate juice
Pomegranate seeds (optional)

**Instructions**
1. Wrap peeled banana in plastic wrap and freeze 3 hours or until frozen.
2. Unwrap banana, break into chunks and place in a blender with the yogurt and juice. Cover and blend until smooth; pour into 4 glasses to serve.
3. Top with pomegranate seeds if desired.

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**References**

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**Did You Know?**
You can allow for some fat flexibility and make one of your three daily servings of dairy whole fat – like whole milk, yogurt or cheese – and still fall within recommendations for saturated fat.

**What about Lactose Intolerance?**
People respond differently to lactose intolerance. Often people can tolerate varied amounts of lactose. Aged and natural cheese and yogurt are nutrient-rich options in addition to lactose-free milk.

**Try it**
Opt for lactose-free cow’s milk and milk products. They are real milk products, just without the lactose.

**Sip it**
Start with a small amount of milk daily. Increase slowly over several days or weeks.

**Stir it**
Mix milk with other foods to help slow lactose digestion.

**Slice it**
Top sandwiches and crackers with natural cheeses (e.g., Cheddar) which contain small amounts of lactose.

**Spoon it**
Enjoy yogurt. Its live and active cultures help digest lactose.