

# DAIRY: PART OF THE SOLUTION TO THE TRIPLE BURDEN OF GLOBAL MALNUTRITION



The dairy community supports and champions ongoing solutions to address the triple burden of malnutrition:

1. **Undernutrition**  
(underweight, stunted or wasted)
2. **Micronutrient Deficiency**  
(inadequate consumption of vitamins and minerals)
3. **Overweight and Obesity**  
(weight that is higher than healthy for height)<sup>1</sup>

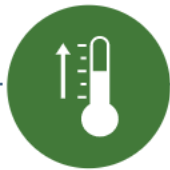
Because the health of future generations depends on the health of our planet,<sup>2</sup> sustainable diets must be at the core of the global response to this triple burden. Considerations include:



Shifting food demands



Population growth and longer lifespans



Changing climate



Growing urbanization



Nourishing more people with fewer resources

## Dairy Can Help

Dairy foods and ingredients can be a bridge to the Sustainable Development Goals (SDGs) – helping connect secure and sustainable food systems to the health, economic, environmental, and social challenges presented by malnutrition.



Up to 1 billion  
People and their livelihoods depend on dairy<sup>3</sup>



4 trillion servings  
Anticipated global milk demand by 2050  
(8oz fresh milk equivalents)<sup>4</sup>

Eating nutrient-rich dairy foods like milk, cheese and yogurt can help alleviate some of the issues of global malnutrition.



Milk supplies essential nutrients, including high-quality protein, vitamins and minerals required for appropriate growth and development throughout childhood<sup>5</sup>



Consumption of high quality dairy proteins - including whey proteins<sup>6</sup> - has been linked to better rates of weight gain among children recovering from severe acute malnutrition<sup>7</sup>



A 2016 analysis of prospective studies indicated that each daily serving of dairy foods was linked to a 13% reduced risk of childhood overweight and obesity.<sup>8</sup> More research is needed to understand the types of dairy foods and the link to body weight

## U.S. Snapshot

Dairy nourishes children and adults in the U.S. The dairy community remains committed to ensuring the affordability and accessibility of nutrient-rich dairy foods.

#1  
SOURCE

Milk is the number one food source of calcium, vitamin D and potassium, all of which are nutrients of concern, along with fiber in the diets of both U.S. children and adults<sup>9,10</sup>



On average, school-aged children in the U.S. fall short of current milk and milk product dietary recommendations,<sup>11</sup> but school meals are considered a way to help fill this gap<sup>12</sup>



Milk is among the most requested and least donated food bank items in the U.S.<sup>13</sup>



1 gallon of milk (amount received by U.S. food banks per person per year)<sup>14</sup> vs. 68 gallons of milk (amount needed to meet USDA recommendations per person per year)<sup>15</sup>

The triple burden of malnutrition is a universal challenge. Achieving SDG #2 – ending hunger and malnutrition in all its forms – demands a response of unprecedented scale. The dairy community is prepared to be part of this response.

Learn more at [nationaldairycouncil.org](http://nationaldairycouncil.org)

