



Concerned About Your Heart Health?

Discover a heart-healthy diet that includes delicious milk, cheese and yogurt.



Countless studies and decades of research link dairy foods – like milk, cheese and yogurt – with numerous health benefits, including heart health.



Following the DASH Diet Can Help Protect Your Heart Health

DASH stands for **D**ietary **A**pproaches to **S**top **H**ypertension. It's an easy, research-backed eating plan that is recommended by health care professionals – especially for people concerned about heart health.

- **Shown to lower blood pressure within 2 weeks¹**
- **Associated with improvements in blood cholesterol²**

The Dietary Guidelines for Americans recognize the DASH diet as a healthy eating pattern.³

Milk, Cheese and Yogurt Are Key Parts of DASH

Studies have shown that people who regularly enjoy milk, cheese and yogurt have a lower risk of both heart disease and stroke.⁴⁻⁷

The Dietary Guidelines for Americans recommend three daily servings of dairy foods for adults for their numerous health benefits and essential nutrients, including calcium, potassium and vitamin D.^{3,4}

Both Lower-Fat and Whole-Fat Dairy Foods Are OK

While 20 years ago DASH emphasized lower-fat choices of dairy (such as 2%, 1% or fat-free), it also included some whole-fat cheese.^{1,8} Now, recent research indicates that whole-fat dairy foods can fit into a heart healthy diet.^{2,5-7}



Aim for Three Daily Servings of Dairy – Milk, Cheese or Yogurt

Milk

- Use instead of water to make oatmeal or rice
- Drink with meals instead of soda
- Enjoy in a coffee or tea latte

Cheese

- Pair with fresh fruit
- Eat inside a tortilla or wrap
- Sprinkle over salad

Yogurt

- Blend with frozen fruit in a smoothie or licuado
- Mix with fresh berries and nuts
- Top tacos and baked potatoes with plain yogurt

Trouble Digesting Dairy?


You may have lactose intolerance, a difficulty digesting the lactose (natural sugar) in milk. Here are some ways to enjoy dairy's important benefits even with lactose intolerance.

- **Try lactose-free milk.** It's real milk, just without the lactose.
- **Start small** with a little bit of regular milk daily and increase it slowly over several weeks to see how much you can comfortably digest.
- **Mix milk with solid foods**, such as soup or cereal, or blend it with fruit to slow digestion and give your body more time to digest the lactose.
- **Enjoy naturally low-lactose cheeses**, such as cheddar, Colby Jack, Monterey Jack, mozzarella and Swiss.
- **Choose yogurt** with live and active cultures that will help your body digest lactose.



How Much to Eat

If you don't eat enough dairy, vegetables and fruits, you may be missing out on key nutrients. Here's a quick guide to DASH recommendations.^{1,2,8}

Food Group	Servings*	Serving Size Examples
Dairy 	3 daily	1 cup (8 ounces) milk 1 cup yogurt 1½ ounces cheese (about the size of your first two fingers)
Vegetables 	4-5 daily	½ cup cooked vegetables 1 cup raw leafy vegetables 6 ounces vegetable juice
Fruits 	4-5 daily	1 medium fruit ½ cup frozen fruit ¼ cup dried fruit
Grains 	5-8 daily	1 slice whole-grain bread ½ cup dry or hot cereal ½ cup rice or pasta
Protein 	2 daily	3 ounces cooked lean meat, poultry (without the skin), fish or shellfish
Nuts, Seeds & Legumes 	4-5 weekly	⅓ cup (1½ ounces) nuts 2 tablespoons (½ ounces) seeds ½ cup cooked dry beans



*Based on a 2,000-calorie diet

Watching Your Weight?

Protein-rich foods – such as milk, cheese and yogurt – can help you cut calories by making you feel fuller longer than carbohydrates or fat. Instead of toast with jam for breakfast (mostly carbohydrates and very little protein) choose plain Greek yogurt topped with fresh berries and nuts.

Did you know?

Cow's milk naturally contains eight times more protein than almond, rice or coconut "milks."

Add regular physical activity

Work your way up to at least 150 minutes of moderate-intensity aerobic exercise a week or approximately 30 minutes a day, five days a week.⁹ That's enough to lower high blood pressure and cholesterol. Try activities such as:

- Brisk walking
- Riding a bike
- Swimming
- Active yoga
- Fitness classes
- Dancing
- Gardening





For more ways to include dairy as part of a balanced diet visit
DairyDiscoveryZone.com/Recipes

References:

1. Appel LJ et al. A clinical trial of the effects of dietary patterns on blood pressure. *N Engl J Med* 1997;336:1117-1124. 2. Chiu S et al. Comparison of the DASH (Dietary Approaches to Stop Hypertension) diet and a higher-fat DASH diet on blood pressure and lipids and lipoproteins: a randomized controlled trial. *Am J Clin Nutr* 2016;103:341-347. 3. U.S. Department of Agriculture and U.S. Department of Health and Human Services. *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. December 2020. Available at DietaryGuidelines.gov. 4. Dietary Guidelines Advisory Committee. 2020. *Scientific Report of the 2020 Dietary Guidelines Advisory Committee: Advisory Report to the Secretary of Agriculture and the Secretary of Health and Human Services*. U.S. Department of Agriculture, Agricultural Research Service, Washington, DC. 5. Dehghan M et al. Association of dairy intake with cardiovascular disease and mortality in 21 countries from five continents (PURE): a prospective cohort study. *The Lancet* 2018;392:2288-2297. 6. Chen GC, Wang Y, Tong X, Szeto IMY, Smit G, Li ZN, Qin LQ. Cheese consumption and risk of cardiovascular disease: a meta-analysis of prospective studies. *Eur J Nutr*. 2017;56(8):2565-2575. 7. Alexander DD et al. Dairy consumption and CVD: a systematic review and meta-analysis. *Br J Nutr* 2016;115:737-750. 8. Karanja NM et al. Descriptive characteristics of the dietary patterns used in the Dietary Approaches to Stop Hypertension trial. *J Am Diet Assoc* 1999;99:S19-27. 9. U.S. Department of Health and Human Services. *Physical Activity Guidelines for Americans*. 2nd Edition, 2018.