

Statement to the 2020 Dietary Guidelines Advisory Committee

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Good morning- My name is Miquela Hanselman and I am the Manager of Regulatory Affairs at the National Milk Producers Federation. As the committee begins to put together its report, first and foremost, I would like to emphasize the need to maintain dairy's current position as a distinct food group, as well as the recommendation that consumers ages 9 and older receive three servings of dairy a day. Dairy foods are nutrient-rich products and irreplaceable in the diet if we want to meet the DGA recommended nutrient requirements.

Dairy foods are one of the top sources of calcium, protein, phosphorus, magnesium, potassium, vitamins A, B12, D and riboflavin in children's diets.¹ In fact, it was determined in 2015 that 42% of individuals over the age of 1 don't get enough calcium or vitamin D--two micronutrients that dairy products are full of. If dairy were removed from the diet, people would fall significantly below the estimated average requirement.²

In the 2015 dietary guidelines advisory committee report, the committee compared the nutritional value of dairy foods and non-dairy alternatives. In this analysis, it was found that while some non-dairy alternatives have been fortified to match the levels of calcium and a few other nutrients in milk, there was always at least one nutrient that was negatively impacted. As stated in the 2015 analysis, no dairy alternatives aside from soy provide a similar enough nutrient profile in terms of essential nutrients to be considered for inclusion in the dairy group. Because of this, the committee should continue to only include real dairy products in the dairy category.

One of the key attributes which makes dairy foods such a nutritious option is the protein it packs with each serving. On average, a glass of milk offers eight grams of a complete protein-- a complete protein being one that supplies all the essential amino acids. Almond beverages have only one to two grams, and like all plant-based beverages, the proteins provided are incomplete. Across various measurement tools, the protein quality of animal proteins is higher than plant proteins because of the high content of essential amino acids they contain. Animal proteins have been proven to have higher skeletal muscle anabolic response due to the bioavailability of the amino acids.³ Leucine, which has high anabolic properties is especially

¹ Keast DR, Fulgoni VL, Nicklas TA, et al. Food Sources of Energy and Nutrients among Children in the United States: National Health and Nutrition Examination Survey 2003-2006. *Nutrients* 2013, 5, 283-301.

² Dietary Guidelines Advisory Committee. 2015. Appendix E-3: USDA Food Patterns for Special Analyses to the Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2015, to Secretary of Agriculture and the Secretary of Health and Human Services. U.S. Department of Agriculture, Agricultural Research Service, Washington, D.C.

³ Van Vliet, S., Burd, N.A., van Loon, L. JC. The Skeletal Muscle Anabolic Response to Plant- versus Animal- Based Protein Consumption. *The Journal of Nutrition*. 2014.

found in high amounts in milk.⁴ These protein properties coupled with the micronutrient package milk offers makes it invaluable in an American's diet.

The most recent research on the benefits of dairy consumption continue to show dairy's role in reducing the risk of chronic disease including a reduced risk of type II diabetes and cardiovascular disease.⁵ With all of the nutritional benefits dairy has to offer, and the accessibility across income classes it has, it is a no-brainer to keep dairy as a staple in the dietary guidelines, in their own category, and encouraging people to consume three servings daily especially when considering it is a vital source of micronutrients that Americans have a hard time meeting the daily requirements of.

Thank you for your time.

⁴ Scholz-Ahrens, K. E., Ahrens, K., Barth, C. A. Nutritional and health attributes of milk and milk imitations. European Journal of Nutrition. 2019

⁵ Alvarez-Bueno, C., Cavero-Redondo, I., Martinez-Vizcaino, V., Sotos-Prieto, M., Ruiz, J., Gil, A. Effects of Milk and Dairy Product Consumption on Type 2 Diabetes: Overview of Systematic Reviews and Meta- Analyses. Advances in Nutrition. 2019.