

DAIRY + PLANT-BASED DIET



DAIRY'S PLACE IN A PLANT-BASED DIET



Plant-based eating focuses on consuming foods from plant sources, such as whole grains, nuts, seeds, fruits, and vegetables. However, it does not exclude foods from animal sources, like dairy. In fact, research suggests that incorporating dairy as well as more plant-based foods into one's diet may help reduce the risk of chronic illnesses, such as heart disease, diabetes, and certain types of cancer.

DAIRY FOODS PROVIDE ESSENTIAL NUTRIENTS



Dairy foods offer essential nutrients and are an important component of the eating styles outlined in the Dietary Guidelines for Americans. For example, vitamin B12 is not found in any plant-based foods other than fortified cereal, but milk naturally contains this important vitamin. A deficiency in B12 can cause anemia and heart problems.

DAIRY AND PLANT-BASED FOODS ARE BETTER TOGETHER



Combining plant-based foods with the recommended three daily servings of dairy provides essential nutrients, flavor, and familiarity. Milk is the leading food source of calcium, vitamin D, and potassium, which are all nutrients of concern in the diets of American children and adults. Fruits and vegetables contain fiber, also a nutrient of concern.

A diet containing dairy and plant-based foods is also good for gut health, which is linked to immunity and the optimal function of many bodily systems. Both probiotics and prebiotics are necessary for optimal digestive health. Dairy foods, like yogurt and kefir, are great sources of healthy bacteria called probiotics, while plant-based foods offer prebiotics, which are nutrients that maintain the healthy bacteria.

DAIRY AND PLANT-BASED MEALS AND SNACKS



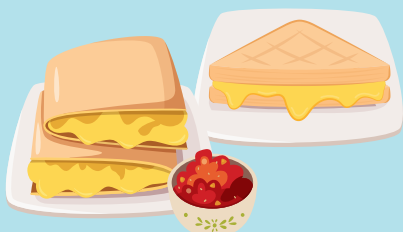
Dairy + Fruit

- Yogurt parfait: layer yogurt with fruit and granola
- Fruit and cheese kebab: skewer cheese cubes, grapes, melon, and pineapple
- Cottage cheese with fresh berries
- DIY flavored milk: blend low-fat milk with sliced bananas or strawberries



Dairy + Vegetables

- Creamy potato soup made with low-fat milk
- Broccoli topped with melted cheddar cheese
- Plain yogurt mixed with a ranch seasoning packet for dipping veggies
- Salad: mix greens with garden vegetables and top with feta cheese



Dairy + Grains

- Oatmeal made with low fat milk
- Pepper Jack cheese quesadilla with a whole grain tortilla and salsa
- Grilled cheese sandwich
- Pasta topped with freshly grated parmesan cheese



Dairy + Protein

- Peanut butter banana smoothie: blend peanut butter, banana, Greek yogurt, and milk
- Veggie omelet with Swiss cheese
- Bean and cheese burrito bowl topped with low fat sour cream
- Black bean burger with cheese, lettuce, and tomato on a whole grain bun

Sources:

<https://www.newenglanddairy.com/blog-post/plant-based-eating/>

<https://www.dairymax.org/blog/can-dairy-be-part-plant-based-diet>

<https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/chapter-1/examples-of-other-healthy-eating-patterns/>