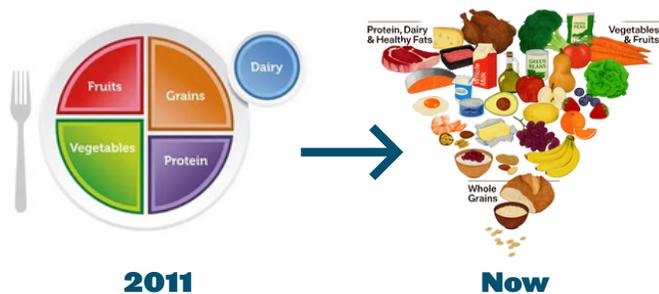


# 2025-2030 Dietary GUIDELINES

Dairy's Role in the New Pyramid



## Updated Guidelines



On January 7<sup>th</sup>, 2026, the Dietary Guidelines for Americans, 2025–2030 (DGA) was released. Changes include an updated visual tool and an emphasis on “eat real food” principles. Dairy is recognized as a nutrient-dense, high-quality food group that supports growth, development and long-term health.

## Dairy is Valued Across the Lifespan



Thanks to its 13 essential nutrients, dairy is recommended frequently throughout the latest guidelines.

- **Infants and Toddlers:** Full-fat yogurt and cheese are identified as nutrient-dense complementary foods.
- **Children:** Full-fat dairy supports energy needs and brain development.
- **Adolescents:** Dairy provides calcium and vitamin D critical for achieving peak bone mass.
- **Pregnant and lactating women:** Dairy contributes key nutrients such as calcium and vitamin B12 to support maternal and infant health.
- **Older adults:** Dairy helps meet higher needs for protein, calcium, vitamin D and vitamin B12, even as calorie needs decline.

## Why Do Guidelines Change?

- Since 1980, the DGA's have provided science-based advice on what to eat and drink in order to promote health, reduce risk of chronic disease, and meet nutrient needs
- They are representative of the U.S. population that is healthy and/or at risk of chronic conditions (ie: diabetes, obesity)
- These guidelines are updated regularly to reflect the latest nutrition research
- The goal is not “new rules,” but clearer guidance for healthier growth



## Fat Flexibility

**Full-fat dairy** is now acknowledged as a source of healthy fats and an appropriate choice within balanced dietary patterns, particularly when paired with minimally processed foods. Families are encouraged to practice “fat flexibility” and can now choose between whole, low-fat, and fat-free dairy options.



Scan this QR code to access the  
**full Dietary Guidelines for  
Americans 2025-2030**  
(Only 9 pages for quick, effective reading)



## Real Food. Real Milk.

### General Dairy Recommendations

- When consuming dairy, don't be afraid to also **include full-fat options**. Practice fat flexibility. **Avoid added sugars**. One meal should contain no more than 10 grams of added sugars.
  - Note: Some foods and drinks, such as fruits and plain milk, have naturally occurring sugars. The sugars in these foods are not considered added sugars.
- Dairy is an excellent source of **protein**, healthy fats, vitamins, and minerals.
- Dairy serving goal: **3 servings per day** as part of a 2,000-calorie dietary pattern, adjusting as needed based on your individual caloric requirements.
- Fermented foods such as kefir in a healthy diet support a **well-balanced microbiome and healthy digestion**.



**Want to Learn More About Dairy?**  
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