DAIRY COUNCIL™ OF NEVADA

2025-2030 DIETARY GUIDELINES

DAIRY'S ROLE IN THE NEW PYRAMID

- When consuming dairy, include **full-fat dairy with no added sugars.**
- Dairy is an **excellent source** of **protein, healthy fats, vitamins, and minerals**
- Dairy serving goals: **3 servings** per day. Adjust as needed based on your individual needs.
- Fermented foods such as **kefir** in a healthy diet **support a well-balanced microbiome and healthy digestion.**

Real Food.
Real Milk.

Scan this QR code to view 2025-2030 Dietary Guidelines

Want to learn more?

Guidelines
www.realfood.gov

Dairy's nutritional benefits
www.nevadamilk.com