



DAIRY'S UNIQUE NUTRIENT PACKAGE HELPS CHILDREN MEET THEIR NUTRITIONAL NEEDS

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Brussels, 1st October 2009 – The importance of dairy products for fighting global malnutrition and helping to achieve nutrient adequacy among children, was highlighted by Dr Lynn Moore during the IDF Conference on Nutrition and Health, 22 September 2009.

While malnutrition is the most important cause of preventable death among children in developing countries, many children are not meeting their nutrient needs for normal growth and prevention of chronic diseases even among seemingly well-nourished populations. Data from the National Growth and Health Study showed that surprisingly few US girls between the ages of 9 and 20 met the recommended guidelines for several dairy-related nutrients such as protein, vitamin A, zinc, calcium, magnesium and potassium. Girls consuming at least 2.5 servings of dairy per day were much more likely to meeting the recommended intake levels for these nutrients.

Dr Moore's research also found that children and adolescents who consume more dairy products have lower systolic blood pressures, are leaner and have less central body fat, and have higher bone mass at the end of adolescence. These data suggest that the intake of dairy foods as part of a healthy diet contributes to better nutritional status as well as reduced risk factors for chronic disease.

"Dairy foods are packed with many essential micronutrients in addition to protein, carbohydrates and fat. Regular intakes of the recommended amounts of nutrient rich milk, yogurt or cheese ensure better nutritional status for prevention of chronic disease risk factors." commented Dr Moore.

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Note to editors:

- Lynn Moore is an Associate Professor at the Boston University School of Medicine (US). She delivered her presentation on 'Dairy and malnutrition in children' at the Nutrition and Health conference of the IDF World Dairy Summit 2009 on Tuesday 22 September 2009. The presentation is available upon request.
- The International Dairy Federation is the pre-eminent source of scientific and technical expertise for all stakeholders in the dairy chain.
- Growing IDF membership accounts for about **86%** of the world's total milk production.
- The IDF World Dairy Summit 2009 under the theme "United Dairy World 2009" took place in Berlin, Germany, 20-24 September 2009. More information can be found at www.wds2009.com