



Dairy's Role in a Healthy and Sustainable Diet



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Sustainable Nutrition

The image features a composite background where the Earth is depicted as a large, round plate centered on a dark, horizontally-grained wooden surface. To the left of the plate is a silver fork, and to the right is a knife with a wooden handle. The text is overlaid on the right side of the plate.

Food production will need to
increase by 70%
to feed the whole world by 2050



SUSTAINABLE DEVELOPMENT GOALS

17 GOALS TO TRANSFORM OUR WORLD

1 NO POVERTY



2 ZERO HUNGER

GOAL 2



END HUNGER, ACHIEVE FOOD SECURITY AND
IMPROVED NUTRITION AND PROMOTE
SUSTAINABLE AGRICULTURE



SUSTAINABLE DEVELOPMENT GOALS

More at sustainabledevelopment.un.org/sdgsproposal

6 CLEAN WATER AND SANITATION



7 AFFORDABLE AND CLEAN ENERGY



8 DECENT WORK AND ECONOMIC GROWTH

12 RESPONSIBLE CONSUMPTION AND PRODUCTION



13 CLIMATE ACTION



14 LIFE BELOW WATER

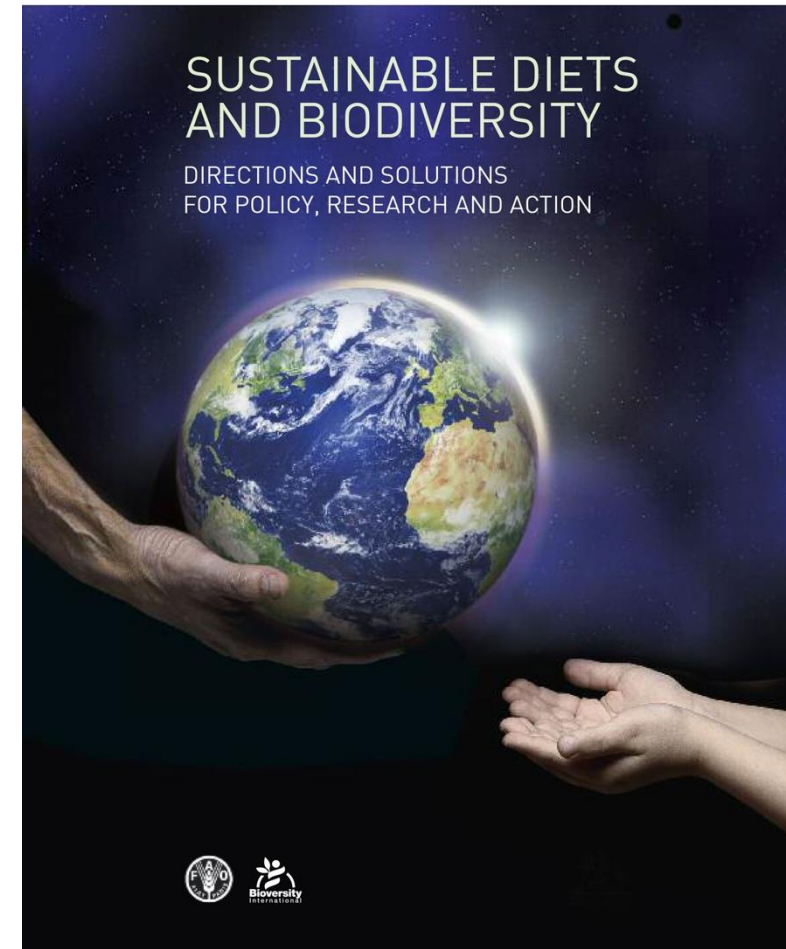
15 LIFE ON LAND





FAO Definition of Sustainable Diets

- Low environmental impacts
- Contribute to food and nutrition security & to healthy life
- Protective and respectful of biodiversity & ecosystems
- Culturally acceptable
- Accessible
- Economically fair & affordable
- Nutritionally adequate
- Safe & healthy
- Optimize natural and human resources



3-5 November 2010
FAO Headquarters, Rome

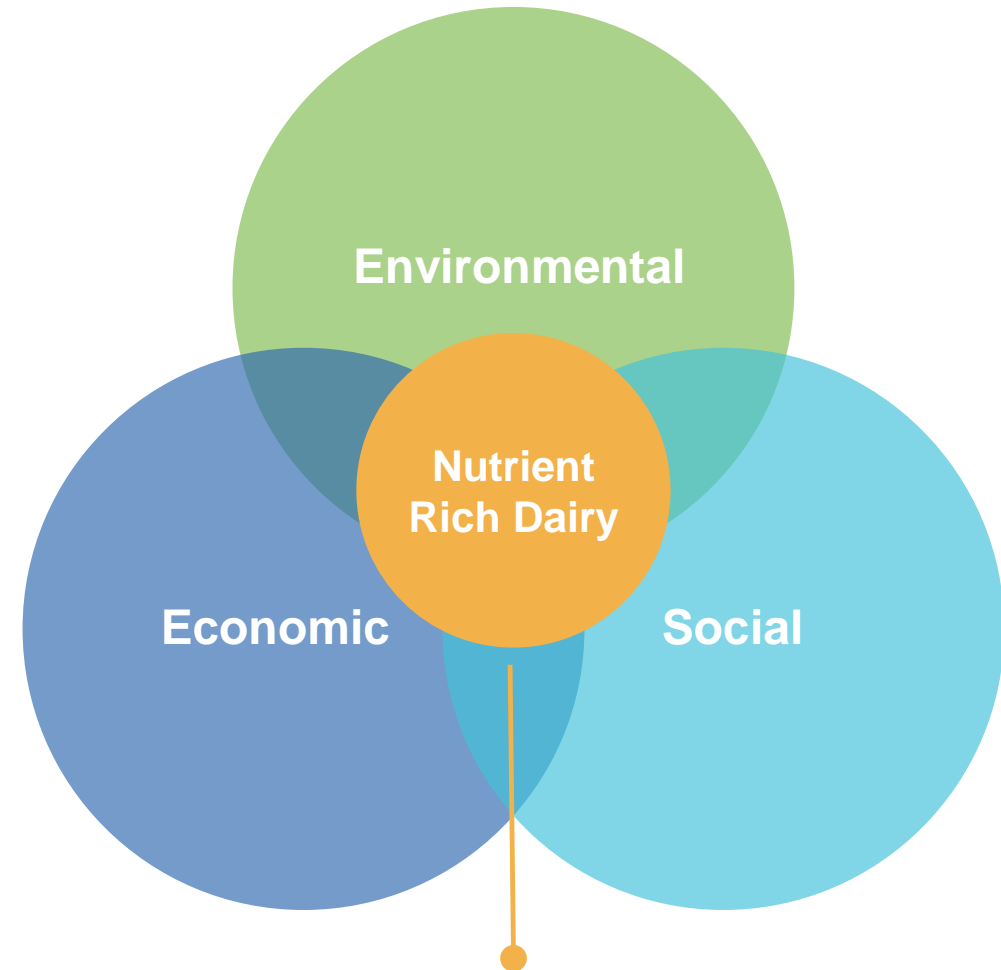
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**Dairy contributes social,
environmental and
economic benefits**



Dairy is an important component
of healthy, sustainable diets

Dairy's social contributions to health and sustainable food systems



Milk

9 essential nutrients



Yogurt

7 essential nutrients



Cheese

6 essential nutrients

- Associated with strong bone health
- Associated with reduced risk of cardiovascular disease, type 2 diabetes, high blood pressure

Protein	Phosphorus	Pantothenic acid
Calcium	Vitamin A	Niacin
Vitamin D	Riboflavin	Vitamin B12

Dairy's environmental contributions to health and sustainable food systems

- Responsible production and progress
 - Commitment to continuous improvement in sustainability and stewardship
 - Voluntary goal to reduce GHG by 25% by 2020
- Humane, ethical animal care--FARM
 - 98% of U.S. milk comes from farms in the Farmers Assuring Responsible Management (FARM) animal care program.
- Giving back to the land
 - Sustainable practices—manure management, recycling water and no-till farming



Dairy's economic contributions to health and sustainable food systems

- Committed to serving communities
- Milk is produced in every state; most milk travels ~300 miles and 48 hours from farm to store
- The dairy community supports 3 million jobs and contributes \$625 billion to the U.S. economy every year
- 95% of dairy farms in the U.S. are family owned and operated
- 37 million dairy farms globally are led by women
- Livelihoods of 1 billion people are connected to dairy

<http://www.fil-idf.org/wp-content/uploads/2016/12/FAO-Global-Facts-1.pdf>

<https://www.usdairy.com/sustainability/reporting/stewardship-and-sustainability-framework-for-us-dairy>





Thank you

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