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Keeping Nutritious Dairy Foods in Our Diets



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To the Editor:

[“Got Milk? You Don’t Need It,”](#) by Mark Bittman (column, July 8), misses the mark. For most of us, eating three daily servings of dairy (milk, cheese or yogurt) as recommended by leading health and nutrition organizations means that we’re getting a generous helping of nutrition at an affordable price — both per penny and per calorie.

Not to mention that dairy foods taste great and play a central role in many of our favorite meals and snacks.

Maintaining healthy habits — like exercise and enjoying three servings of low-fat or fat-free dairy foods each day — throughout our lifetimes can mean the difference between a frail skeleton and a strong one in old age. Meeting dairy recommendations has also been linked to a reduced risk of cardiovascular disease and Type 2 diabetes.

As concern grows about obesity and our health, let’s not cast doubt upon milk, one of the most economical and nutrient-rich foods on our tables.

GREG MILLER

Rosemont, Ill., July 10, 2012

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