

New Mexico State University

Extension Family and Consumer Sciences

Dietary Guidelines for Americans (DGA), 2025–2030 Explained

Daily Dairy Recommendations

The amount of dairy a person needs each day can vary based on age, gender, activity level, and overall health. Individuals who are pregnant or breastfeeding may have higher dairy needs.

Dairy foods provide important nutrients such as calcium, protein, vitamin D and potassium to support strong bones and teeth, muscle function, heart health, and overall wellness.

The Dietary Guidelines for Americans (DGA) recommend that healthy adults consume about **2–3 servings of dairy per day**.

What Counts as 1 Serving in the Dairy Group?

The following foods are considered approximately equal to **1 serving** from the Dairy Group:

- 1 cup milk
- 1 cup calcium-fortified soy milk
- 1 cup yogurt (dairy or fortified soy)
- 1½ -2 ounces natural cheese
Examples: feta, cheddar, mozzarella, Swiss, or Parmesan
- ⅓ cup shredded cheese
- 1 ounce processed cheese (such as American cheese)
- ½ cup ricotta cheese
- 2 cups cottage cheese

Including a variety of dairy foods throughout the day can help you meet your calcium and protein needs while supporting overall health.

Important Note:

This recommendation is for healthy individuals.

Individuals with medical conditions, food allergies, lactose intolerance, or specific dietary needs should consult with their physician and/or registered dietitian for personalized guidance.



Resources

- **Dietary Guidelines for Americans, 2025–2030:**
<https://cdn.realfood.gov/DGA.pdf>
- *Krause and Mahan's food and the nutrition care process* (16th ed.). Raymond, J. L., & Morrow, K. (2023). Elsevier.

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<https://efcs.nmsu.edu/programs/food-nutrition-website.html>

or visit: aces.nmsu.edu



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