

Congress of the United States
Washington, DC 20515

October 9, 2020

The Honorable Alex Azar
Secretary of Health and Human Services
U.S. Department of Health and Human Services
200 Independence Avenue SW
Washington, DC 20201

The Honorable Sonny Perdue
Secretary of Agriculture
U.S. Department of Agriculture
1400 Independence Avenue SW
Washington, DC 20250

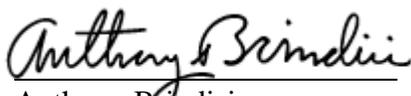
Dear Secretary Azar and Secretary Perdue:

We are pleased to see that the final report of the Dietary Guidelines Advisory Committee (DGAC) reaffirms the central role of dairy foods in building healthy diets. Three daily servings of dairy for adults and older children are recommended in the Healthy U.S. and Healthy Vegetarian Dietary Patterns. Of the four nutrients of public health concern for under-consumption identified by the DGAC, dairy provides three: calcium, potassium, and vitamin D. Dietary patterns which include dairy were associated with lower risk of several chronic health conditions, including cardiovascular disease, overweight and obesity, hip fractures, and colorectal cancer. The first-ever recommendations for the critical birth-to-24-months period include the introduction of yogurt and cheese between six months and one year and the introduction of fluid milk for children 12-24 months old.

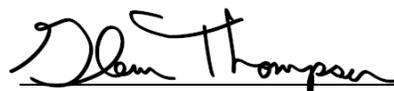
As clearly demonstrated by its recommendations, the DGAC identified the importance of dairy foods for good diets and health. However, we were surprised to see that the committee did not appear to thoroughly consider several recent scientific studies and analyses that show benefits of dairy foods at all fat levels – not just low-fat or fat-free varieties. We are particularly interested in this science because, as highlighted by the DGAC in its report, 88 percent of Americans, including 79 percent of 9-13-year-olds, chronically under-consume dairy foods. Since full-fat or reduced-fat varieties are generally better liked by consumers, greater consideration of the more current science of dairy fat could be helpful in encouraging people to consume adequate amounts.

As you and your colleagues prepare the 2020 Dietary Guidelines for Americans (DGA), we know you will do so based on the best science, including the DGAC's recommendations. We encourage you, as you undertake this work, to review studies that have demonstrated beneficial or neutral effects of dairy foods at all fat levels. A major part of encouraging healthier diets is to increase Americans' dairy consumption, and we look forward to a new edition of the DGA that will clearly show the importance of consuming dairy and other healthy foods.

Sincerely,



Anthony Brindisi
Member of Congress



Glenn "GT" Thompson
Member of Congress

/S/
James R. Baird
Member of Congress

/S/
Sanford Bishop
Member of Congress

/S/
Matt Cartwright
Member of Congress

/S/
James Comer
Member of Congress

/S/
K. Michael Conaway
Member of Congress

/S/
Jim Costa
Member of Congress

/S/
Joe Courtney
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TJ Cox
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Angie Craig
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Rick Crawford
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Henry Cuellar
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Rodney Davis
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Antonio Delgado
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Mike Gallagher
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Glenn Grothman
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Josh Harder
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Jahana Hayes
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Jim Hagedorn
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Vicky Hartzler
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Chris Jacobs
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Dusty Johnson
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John Joyce
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John Katko
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Fred Keller
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