



State of Nevada

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June is Dairy Month

Celebrate the benefits of a well balanced diet which includes healthy servings of dairy products.

Reno – The Nevada Dairy Commission encourages you and your family to take part in National Dairy Month from June 1-30. No foods are safer or better for you than dairy products. Learn more about the benefits of consuming dairy products to lead a healthier, more active life. Visit <http://dairy.state.nv.us> for information on National Dairy Month, to learn more about dairy's role in a healthy lifestyle, to access facts and information on Nevada's dairy farmers and for educational games and activities for kids.

No foods are tested more frequently or inspected more often than the dairy products available on your grocery shelves. *“Every load of milk is tested to ensure purity and quality using the strictest national guidelines,”* said Dairy Commission Executive Director Lynn Hettrick. *“There is an unfortunate myth that dairy products contain substances that are not safe,”* Hettrick continued. *“In fact, dairy products contribute important nutrients, such as calcium, potassium and proteins and are often fortified with vitamin D, all are necessary in a healthy diet.”*

Evidence shows that eating dairy products is linked to improved bone health, especially in children and adolescents. Evidence also indicates that consuming dairy products is associated with a reduced risk of cardiovascular disease and Type 2 Diabetes and is associated with lower blood pressure. *“Including dairy products in a well balanced diet has been proven to be good for you.”* Hettrick said.

“Consumer health and safety are our main responsibilities,” said Chris Cook, chairman of the Nevada Dairy Commission. *“At the same time, we know that encouraging people to eat sensible amounts of dairy products is crucial to improving the overall health of our state and country.”*

June is National Dairy Month. Get your family a delicious, healthy treat. Enjoy milk, cheese, yogurt or ice cream today. Nothing is safer or better for you.

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