



GEORGIA MILK PRODUCERS, INC.

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To Whom It May Concern:

The goal of our state's dairy industry is to produce high quality milk that meets and exceeds the needs of our consumers. Each day, dairy farmers work to provide the best care for their animals, follow best management practices and strive to produce high quality milk.

On behalf of the 125 dairy farm families in Georgia, our organization would like to express our support of milk and dairy products as an integral part of the USDA Dietary Guidelines for Americans. These guidelines heavily influence American eating habits and dictate government nutrition assistance programs. We would also like to request that the committee returns 2 percent and whole milk as options for our school lunch programs. Whole Milk is a natural powerhouse and complete nutrition package. It has two ingredients: milk and supplemental vitamin D. It does not contain caffeine, added sugar, artificial sweeteners, or preservatives.

Current Dietary Guidelines for Americans restrict anyone over age 2 from having 2 percent or whole (3.25% fat) milk. The guidelines push fat-free and low-fat dairy products, ignoring new research that links complex milk fat to reduced all-cause mortality, reduced cardiovascular disease, higher HDLs (good cholesterol), better management and prevention of Type 2 diabetes, satiety that can help curb snack cravings, and improved brain development.

Milk with more fat also tastes better. According to USDA studies, non-fat and 1 percent milk is the most frequently discarded item for school lunch programs. The improved flavor of whole and 2 percent milk will increase milk consumption among school children and keep them from consuming unnatural, highly caffeinated and artificially sweetened drinks.

We urge you to expand the milk options for the new Dietary Guidelines for Americans and consider the updated research that finds full-fat dairy as an important and integral part of a healthy American diet.

Sincerely,

Farrah Newberry
Executive Director