



The University of New Mexico
Prevention Research Center

Community Based Prevention Research

Professional Development Series

Special Student Presentation

A Dairy Fat Paradox?



The 2010 Dietary Guidelines for Americans (DGA) recommend a diet consisting of low fat dairy to prevent obesity and chronic disease. Recent research and media reports suggest that higher fat dairy products may not contribute to obesity and chronic disease risk. Presenters will review the current literature regarding high fat vs. low fat dairy products, contrast this against the 2010 DGA, and discuss the best, evidence-based practice and consumer messaging related to dairy consumption.

- Presenters:** Andrea Cantarero and Janna Key
Dietetic Interns at the UNM Prevention Research Center
- When:** Wednesday, March 19th, 2014
- Time:** 12:00 noon to 1:00 pm
(Feel free to bring your lunch)
- Where:** Research Incubator Building (RIB) Commons
UNM Campus, 2703 Frontier NE, Albuquerque, NM 87131

*For more information please contact Patty Keane at 505-272-4462
or by email at PKeane@salud.unm.edu*

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