

- The purpose of this exercise is to determine where the evidence lies regarding dairy consumption and human health. While panelists can argue for a particular point of view based on any source of relevant evidence, the points being argued must be about human health.
- The funding agency may send up to 6 persons to observe in-person the dialogue mapping sessions. These individuals may not participate in any way in the dialogue mapping process, will not be co-authors on any resulting manuscripts, and will not have any editorial authority over any resulting presentations and manuscripts. These individuals, however, will be named and their participation disclosed in publication(s) resulting from these activities.
- We anticipate that at least 1 manuscript will result from these panels. Regarding authorship: All stage 1 and stage 2 panelists will be invited to be co-authors. All UAB investigators participating in the organization and conduct of the panels will be invited to be co-authors. UAB investigators, under the direction of David Allison, will have final editorial authority over the manuscript and will try to take into account the opinions of all people who have been invited to be co-authors and are interested in being co-authors. All that are invited and wish to be co-authors must meet both UAB (<http://www.uab.edu/policies/content/Pages/UAB-UC-POL-0000753.aspx>) and the journal's (TBD) criteria for authorship. Anyone declining the invitation to co-author will be acknowledged by name in the manuscript. Thus, participation in this project as a panelist or UAB investigator requires a willingness to at least be acknowledged (the acknowledgement can be accompanied by a statement that it does not necessarily imply endorsement of the statements in the paper).
- Panelists must pledge to only use electronic devices explicitly for the purposes of this panel during the dialogue mapping session, e.g. looking up a reference or website. There will be periodic breaks when panelists may make phone calls and check email. Note that UAB faculty will also be available at the session to fact check and search the literature as needed.
- Andrew Keitt will serve as the discussion facilitator and will map the discussion between the panelists in real-time.
- David Allison will serve as the overall host and as a support to the facilitator in clarifying terminology and nutritional/scientific issues throughout the dialogue. He will serve as the liaison between the panelists, the facilitator, and the UAB faculty involved as "guides and workers" (see below). He will further serve to provide additional questions or points of discussion should they be needed.
- UAB faculty will serve as "guides and workers" to provide literature searches, clarify questions, and draft summaries for the panelists. Guides and workers may provide Dr. Allison information suggesting a question or point of clarification to be conveyed to the panel during the discussion.
- A 3.5 minute video of the dialogue mapping process can be viewed here: <https://www.youtube.com/watch?v=pxS5wUljfjE&t=16s>

Over-arching questions that will guide the discussion:

1. What recommendation does the current science support pertaining to the effects of regular consumption of dairy foods (non-fat, reduced-fat or full-fat) on health with respect to increased risk or severity of cardiovascular disease?
2. What recommendations does the current science support pertaining to the effects of regular consumption of dairy foods (non-fat, reduced fat or full fat) on health with respect to increased risk or severity of type 2 diabetes?

For both questions, discussions will also take into account whether the dairy foods are consumed with the full amount of innate fat, or if low fat or non-fat versions of the foods may have differential effects in adults. Additionally, other variables, including but not limited to serum lipids, body weight/body fat, inflammatory responses, and indicators of glucose metabolism may be addressed as intermediate variables in the above questions based on the panelists' statements and available published literature on these topics.

We will limit our scope to evidence about unaltered dairy foods in forms that are typically consumed in the culture of the United States population. We will not address evidence that focuses on consumption of individual components that may be found in dairy foods *per se*, but can consider the effects of those components in the context of a consumed dairy food. Information about the quantification and analysis of the dairy foods focusing on such components as saturated fat, medium chain triglycerides, calcium, protein, sodium, or conjugated linoleic acid, and their association with subsequent outcomes of interest will presumably be considered as part of the dialogue.

Points of Clarification

1. We realize that there are many ideas about what foods constitute the dairy food group. For the sake of this activity, we will use the USDA My Plate definition (<https://www.choosemyplate.gov/dairy>) which is:

“All fluid milk products and many foods made from milk are considered part of [the dairy] food group... Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not.”
2. While evidence from studies on sheep and goat's milk, animal models, or else may inform perspectives, conclusions are to be made about the causal effect of bovine dairy consumption on human health.