

Make Your Plate Like MyPlate: Dairy



Why should I eat dairy products? Dairy products are rich in calcium, vitamin D, potassium, and protein. Calcium is a mineral that is important for building strong bones and teeth, while Vitamin D is important for maintaining proper calcium and phosphorus levels in your body. Potassium can help sustain a healthy blood pressure, and protein keeps your body feeling full.

What foods contain dairy benefits? All fluid milk products (whole milk, reduced fat 2%, low fat 1%, fat-free or skim, and lactose-free), cheese, and yogurt. Those who consume alternative milk products (soy milk, or almond milk) should buy brands that are calcium and vitamin D fortified. This ensures that these products contain all the nutrients that regular dairy products carry naturally.

How much dairy should I consume?

Age	Amount of Dairy per Day
Children 2 to 8 years old	2 to 2 ½ cups
People ages 9 to 18 years old	3 cups
Adults 19 and older	3 cups

Did you know... some non-dairy foods contain sources of calcium, vitamin D, potassium, and protein. Adding in a food source rich in these nutrients is beneficial to our body's calcium, vitamin D, potassium, and protein stores for the day.

Foods High in Calcium and Other Dairy Nutrients

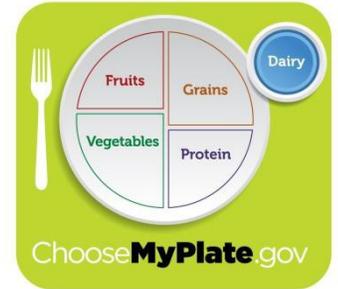


Benefits of Low-Fat and Fat-Free Dairy Products

- ✓ Choosing reduced fat (2%) or low fat (1%) milk is always a better option than whole milk if you don't enjoy the taste of fat-free or skim milk.
- ✓ Consuming whole milk and full fat dairy products will increase your saturated fat and cholesterol intake. Too much saturated fat and cholesterol can create health problems.
- ✓ Various milks, cheeses and yogurts come in reduced fat and low fat options with identical amounts of calcium and other vitamins and minerals.

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Include One Serving of Dairy or Calcium in Every Meal!



BREAKFAST

- *Cup of yogurt with fresh berries
- *Whole Grain cereal with reduced fat or fat-free milk
- *Fruit Smoothie with fat-free or reduced fat milk



LUNCH

- *Spinach Salad with canned (bone-in) sardines, light vinaigrette.
- *Low-fat Cottage Cheese with nuts and fruits



SNACK

- *Unsalted almonds
- *Part-skim cheese stick
- *Low-fat yogurt
- *Cheese and crackers



DINNER

- *Baked or grilled salmon with steamed broccoli
- *Minestrone soup with white beans and spinach
- *Chicken quesadilla with fresh salsa



Green Monster Smoothie Recipe

Ingredients

- 1 cup of reduced or fat-free milk
- 1 frozen banana (chopped)
- 1 handful of raw spinach
- 1 Tbsp of ground flax seed or oats (optional)

Preparation

Combine chopped frozen banana, spinach, and ground flax seed in the blender. Pour the milk over the ingredients. Blend on low for about 30 seconds, then on high for 1 minute until frothy. Serves 1.

