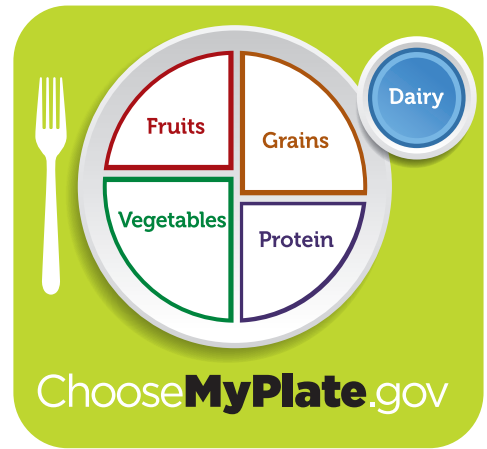


Dairy Does a Body Good

Did you know... Consuming dairy products provides health benefits, especially improved bone health. Foods in the Dairy Group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein.

Choose Wisely When purchasing dairy products select fat-free or low-fat milk, yogurt, and cheese.



Foods Included in the Dairy Group

- Milk
- Milk-based desserts
- Calcium-fortified soymilk
- Cheese
- Yogurt

Foods NOT Included in the Dairy Group

- Cream Cheese
- Cream
- Butter
- Foods made from milk that have little to no calcium

Alternative Sources for Lactose Intolerance

- Calcium-fortified breads
- Canned fish with bones
- Calcium-fortified cereals
- Dark leafy greens
- Dried beans
- Lactose-free milk products
- Edemame (soybeans) and other soy products
- Calcium-fortified beverages and juices

Work Dairy into Your Diet

Include milk or calcium-fortified soymilk (soy beverage) as a beverage at meals. Choose fat-free or low-fat milk.

If you usually drink whole milk, switch gradually to fat-free milk. Try reduced fat (2%), then low-fat (1%), and finally fat-free (skim).

If you drink cappuccinos or lattes — ask for them with fat-free (skim) milk.

Add fat-free or low-fat milk instead of water to oatmeal and hot cereals.

Use fat-free or low-fat milk when making condensed cream soups (such as cream of tomato).

Have fat-free or low-fat yogurt as a snack.

Make a dip for fruits or vegetables from yogurt.

Make fruit-yogurt smoothies in the blender.

For dessert, make chocolate or butterscotch pudding with fat-free or low-fat milk.

Top cut-up fruit with flavored yogurt for a quick dessert.

Top casseroles, soups, stews, or vegetables with shredded reduced-fat or low-fat cheese.

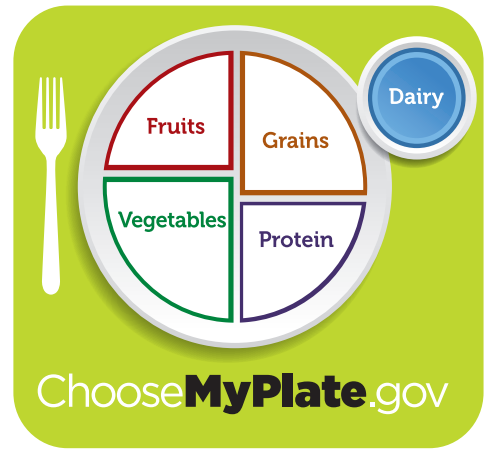
Top a baked potato with fat-free or low-fat yogurt.

Switch to fat-free or low-fat(1%) milk.

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