

RIGHT BITE

YOUR NEWSLETTER
FOR BETTER EATING

DAIRY MAKES A DIFFERENCE | FCS199



DEFINING DAIRY

When using the MyPlate model, the Dairy Group includes milk, yogurt, cheese, lactose-free milk along with fortified soy milk and yogurt.

It does not include foods made from milk that have little calcium and a lot of fat, such as cream cheese, sour cream, cream, and butter.

WHY WE NEED DAIRY

Foods in the Dairy Group provide nutrients that help your body build and maintain strong bones and cells. These nutrients include calcium, potassium, vitamin D, and protein.

HOW DAIRY DOES A BODY GOOD

Calcium and vitamin D are used for building and maintaining strong bones & teeth.

Potassium helps you maintain a healthy blood pressure?

Protein functions as building blocks for bones, muscles, cartilage, skin, blood, enzymes, hormones, and vitamins.

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NON-DAIRY SOURCES OF CALCIUM

Products sold as “milks” but made from plants (e.g., almond, rice, coconut, oat, and hemp “milks”) may contain calcium. However, they are not part of the Dairy Group and they are not similar to dairy milk and fortified soy milk.

The amount of calcium that can be absorbed from the following non-dairy calcium foods varies:

- Calcium-fortified orange juice
- Tofu made with calcium sulfate
- Calcium-fortified plant-based milk alternatives such as rice milk or almond milk
- Canned fish (sardines, salmon with bones)
- Tahini (sesame butter or paste)
- Some leafy greens (collard and turnip greens, spinach, kale, bok choy)

FRUIT SMOOTHIE

Serves 2

Ingredients

1 cup plain yogurt, nonfat or low fat
1/4 cup 100% fruit juice or milk

Choose two from the list below:

6 fresh strawberries
½ fresh peach
⅓ cup canned peaches or pears
¼ cup pineapple chunks
1 tablespoon peanut butter

Directions

Put all ingredients in blender and blend until smooth.

