



**3 Servings of Low-Fat  
Dairy Daily**

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- ★ 5 daily servings of fruits and vegetables
  - ★ 4 cups of water daily
  - ★ **3 servings of low-fat dairy daily**
  - ★ 2 hours or less of daily screen time
  - ★ 1 hour or more of physical activity



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# Benefits of Dairy

- ◆ Calcium
- ◆ Protein
- ◆ Vitamin D
- ◆ Potassium
- ◆ Phosphorus
- ◆ Vitamin A
- ◆ Vitamin B12
- ◆ Riboflavin
- ◆ Niacin
- ◆ Tryptophan



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# Bodies need calcium!

- ★ Strong bones and teeth
- ★ Muscles, nerves, other cell functions
- ★ B12 absorption
- ★ Blood pressure control



# Getting enough calcium

- ★ Many in US don't get enough  $\text{Ca}^{++}$ :
  - ✧ About 30% of children ages 1-5
  - ✧ 44% boys and 58% girls ages 6-11
  - ✧ 64% boys and 87% girls ages 12-19
  - ✧ 55% men and 78% of women ages 20+
- ★ Can be a big problem
  - ✧ Growth
  - ✧ Old age



# How much calcium do we need each day?

<b>Male and Female Age</b>	<b>Ca<sup>++</sup> (mg/day)</b>	<b># 8oz Cups Milk</b>
0 to 6 months	210	N/A
7 to 12 months	270	N/A
1 to 3 years	500	1-2
4 to 8 years	800	2-3
9 to 18 years	1300	4
19 to 50 years	1000	3
51+ years	1200	3

\*mg=milligrams

<http://dietary-supplements.info.nih.gov/factsheets/calcium.asp>



# What is a serving?

1 dairy serving provides ~300mg Ca<sup>++</sup>

★ Milk: 8 fluid oz. (1 cup )

★ Calcium fortified milk: 6 fluid oz.

★ Yogurt:

✧ 8 oz with fruit or nuts

✧ 6 oz without fruit



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# What is a serving?

- ★ Natural cheese: 1.5 oz
  - ✧ Cheddar, Colby, Swiss, mozzarella
- ★ Processed cheese: 2.0 oz
  - ✧ American, Velveeta
- ★ Cottage cheese: 2 cups



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# Low Fat vs. Whole Milk

- ★ More calcium, protein, other nutrients
- ★ Less fat, calories
- ★ For infants aged 1-2 years – usually whole milk only



# Why get Ca<sup>++</sup> from dairy?

- ★ Other nutrients, protein
  - ✧ Includes Vitamin D
- ★ Calcium in dairy is well absorbed



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# Calcium Supplements vs. Dairy

- ★ Supplements don't provide the other nutrients included in dairy products
  - ✧ Protein, vitamins, other minerals
  - ✧ Body absorbs nutrients best from food



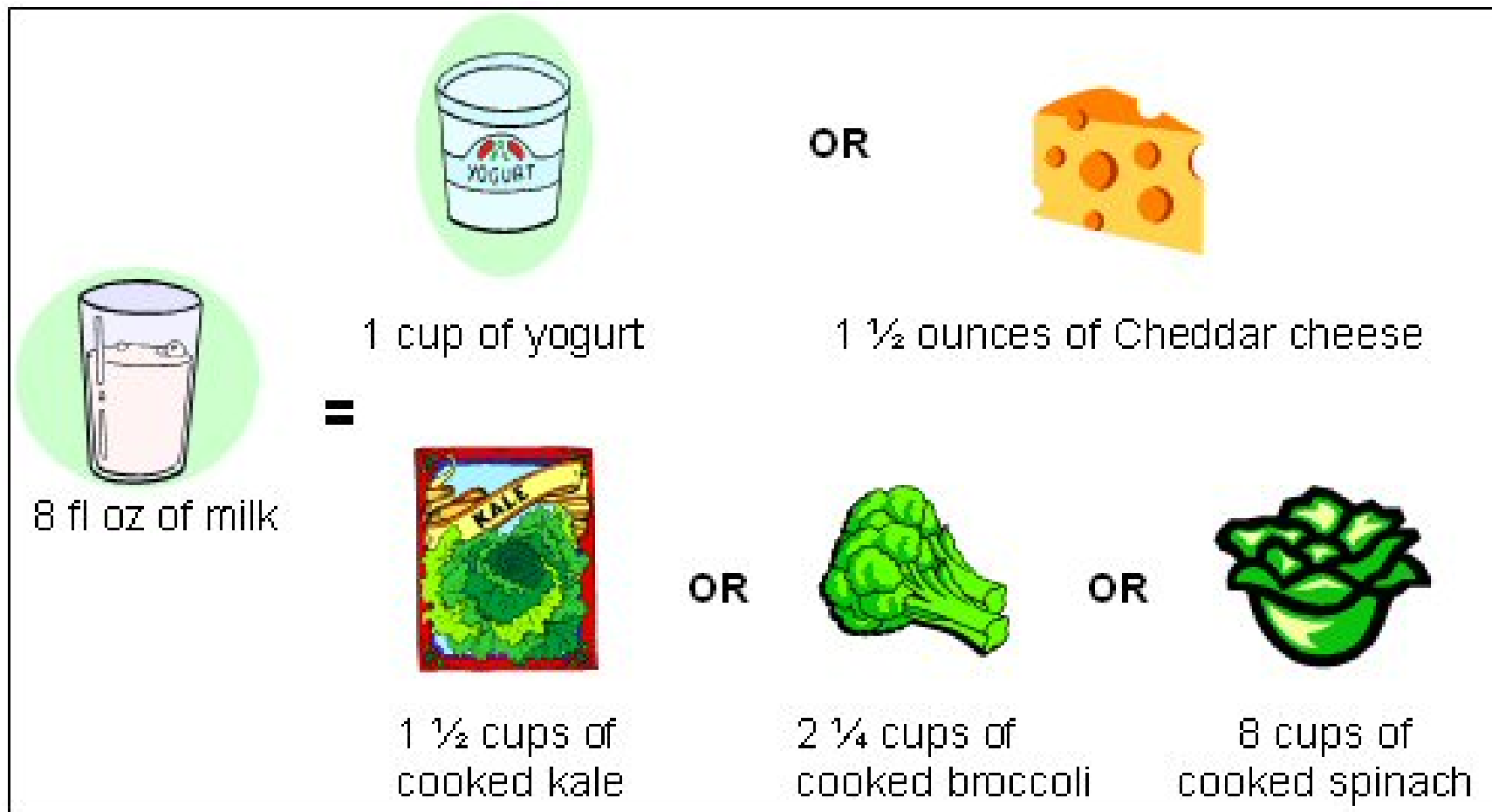
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# Other Food Sources of Ca<sup>++</sup>

- ★ Fruits and vegetables
- ★ Nuts
- ★ Calcium fortified foods, e.g. juices



# Food sources



[http://dietary-supplements.info.nih.gov/factsheets/Calcium\\_pf.asp](http://dietary-supplements.info.nih.gov/factsheets/Calcium_pf.asp)



# Lactose Intolerance

Usually don't have to avoid dairy

- ★ Enzyme tablets
- ★ Lactose-reduced milk
- ★ Yogurt and hard cheeses
- ★ Drink a cup gradually through a meal
- ★ Start with small portions and build up





Getting 3 Servings Daily  
of Low Fat Dairy

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# In the store

## Milk choices

- ★ 2% milk – so-so
- ★ 1% milk – better
  - ✧ Flavored milk and buttermilk too
- ★ Skim milk – best
- ★ Calcium fortified – best



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# In the store

## ★ Cheese

- ✧ 2% cheddar, hard cheeses, reduced fat or fat free processed, part-skim mozzarella

## ★ Yogurt, low-fat or fat-free

- ✧ Plain or flavored, 6-8 oz, no sugar added
- ✧ Fruit, 8 oz, light or no sugar added



# My child/spouse doesn't like low-fat

- ★ Calcium added
- ★ Lo-carb or protein fortified
- ★ Parmalat



# My child/spouse doesn't like low-fat

- ★ Switch slowly

  - ✧ Mix whole or 2% milk with skim

  - ✧ Repackage in whole milk carton

- ★ Role model



# Ways to Add Milk to Your Diet

- ★ Flavored low-fat or fat-free milks
  - ✧ Look for sugar-free choices
- ★ Milk with added calcium or protein
  - ✧ For texture
- ★ Drink with foods that go with milk
  - ✧ Cereal
  - ✧ Sandwich
  - ✧ 100 cal cookie package



# Treats to Make with Dairy

## ★ Smoothies

- ✧ Fruit, ice, 1% or skim milk
- ✧ Fruit, low-fat or fat-free vanilla yogurt

## ★ Parfait - make layers

- ✧ Fruit
- ✧ Low-fat or fat-free “light” yogurt
- ✧ 1 Tsp granola for crunch



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# Use Dairy in Cooking

- ★ Use low-fat or skim milk instead of water for:
  - ✧ Cooked cereal, oatmeal, rice
  - ✧ Tomato soup, low-fat condensed cream soup



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# Add Dairy to Your Meals

- ★ Add low-fat cheese to a frozen thin crust pizza
  - ✧ Avoid sausage pizza
- ★ Top salads, soups, vegetables, and pasta with low-fat shredded cheese
- ★ Use low-fat or fat-free yogurt instead of sour cream



# Dairy on the go

- ★ Low-fat or fat-free string cheese
  - ✧ 2 sticks = 1 serving of dairy
- ★ Bottled low-fat or skim milk
  - ✧ 8 or 16 ounce “grab-and-go” bottles
  - ✧ Flavored
- ★ Low-fat or fat-free yogurt



# Low-Fat Dairy Take Home Points

- ★ It is nutritious!
- ★ Its calcium is well absorbed
- ★ It is a rich source of calcium
- ★ Even the lactose intolerant usually tolerate some
- ★ With fruit, an excellent snack





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