

Whether in a Glass, Bowl or Plate – Low-fat Dairy Makes Mealtime Complete.

DID YOU KNOW?

- Milk contains 9 essential nutrients, including calcium, vitamin D and protein for better bone health at every age
- Dairy foods are good for more than just strong bones. MyPlate recommends 3 servings* of low-fat or fat-free dairy every day to help lower the risk of high blood pressure, heart disease and diabetes**
- Low-fat and fat-free milk, cheese and yogurt are delicious and nutrient-rich, offering more nutrition in every bite
- Milk, cheese and yogurt supply 3 out of the 4 vitamins and minerals that children, teens and adults are most likely to miss out on—potassium, calcium and vitamin D

Does **YOUR** plate look like *MyPlate*? Try these healthy meal ideas that include dairy. No matter how you choose to include dairy foods in your meals, they provide the great taste you want with the good health you need. Enjoy 3 servings a day!



The Basic Plate
baked fish or chicken
green beans
red potatoes
whole grain roll
fat-free milk



The Vegetarian Plate
meatless chili with
low-fat shredded cheese***
brown rice



Breakfast Anytime
yogurt***
fruit
low-fat granola
orange juice



One Dish Meal
whole grain pasta
meat sauce and cheese
salad
low-fat milk



Lunch to Go
whole grain tortilla wrap
lean deli meat
low-fat Swiss cheese***
lettuce, tomato
fruit

* Daily recommendations are: 3 cups per day for those 9 years and older, 2½ cups for children 4 to 8 years, and 2 cups for children ages 2 to 3.
**U.S. Department of Health and Human Services and U.S. Department of Agriculture. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, D.C.: U.S. Government Printing Office, January 2011.
*** Even for those with lactose intolerance, aged cheeses and yogurt, as well as lactose-free milk, are great options to enjoy the taste and nutrition dairy offers.