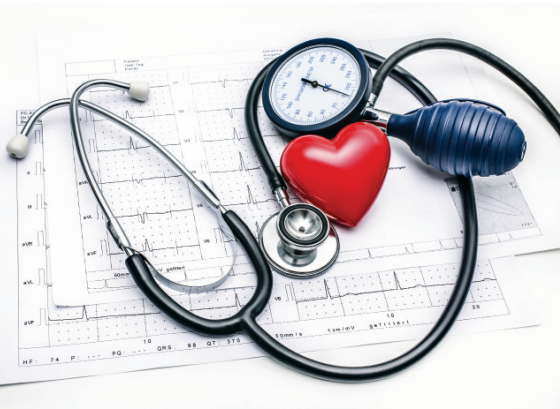


Dairy Good Foods For Your Heart



Cardiovascular (heart) disease affects millions of Americans, but knowing the risks and implementing prevention strategies can help protect you and your loved ones. In addition to exercising to maintain a healthy weight, improving your diet by shopping for nutrient rich foods is an important step.

Scientific studies show that nutrients in dairy foods, including calcium and Vitamin D, may reduce cardiovascular disease risk by their beneficial effect on levels of fat in the blood. Additionally, a trio of minerals in dairy foods – calcium, potassium and magnesium –






have been found to help maintain blood pressure. High blood pressure is one of the leading causes of heart disease and stroke.

Following the DASH (Dietary Approaches to Stop Hypertension) diet, including consumption of low-fat dairy foods (2-3 servings/day) and fruits and vegetables (8-10 servings per day), significantly reduces systolic and diastolic blood pressure in adults with pre-hypertension and hypertension (high blood pressure). The DASH diet is particularly effective in African Americans, a group at high risk for hypertension.

Tips - Don't Skip A Beat -

Keep Your Heart Healthy throughout the day with these Easy Tips:

-  Milk with Meals – an easy way to get your servings of dairy each day.
-  Sprinkle low-fat or fat-free cheddar cheese on veggies at dinner.
-  For dessert or snacks, try a smoothie with fresh or frozen fruit, low-fat or fat-free yogurt, and low-fat or fat-free milk.

Delicious Lowfat Yogurt Dressing for Sandwiches:

- 2 cups plain low-fat yogurt
- 1 cup diced cucumber
- 1/2 cup chopped parsley

*Combine yogurt, cucumber and parsley.

Chill until needed.

