WANTED: STRONGER BONES

STRONGER BONES ARE AS EASY AS 1-2-3!

STEP 1

BEGIN MORNINGS WITH DAIRY. Jump-start your day with a smart breakfast by blending low-fat yogurt and fruit for a homemade smoothie.

STEP 2

FLAVORFUL FUN. Packing in the calcium can be a blast with snacks such as fruit yogurts, cheese cubes and single serve containers of low-fat milk.

STEP 3

MEAL TIME IS FAMILY TIME. Get creative by helping to plan and prepare meals. Ask your parents to enjoy milk and other dairy with you so that they do their bodies good, too!

A HEALTHY MEAL PLAN, including dairy– a total of three servings of calcium-rich milk, cheese or yogurt every day– combined with physical activity, helps build strong bones to last a lifetime.

Strawberry Banana Smoothie

Makes: 2 ¼ cups **Total Time:** 5 mins

Ingredients:

- ½ cup 100% orange juice
- ½ cup frozen strawberries
- 1 banana, cut in 2-inch chunks
- 1 (6-ounce) container low-fat plain yogurt

You'll need a blender.

Directions: Puree juice, fruit and yogurt in blender on high 30 seconds, until smooth.

Nutrition Info:
Each serving (1 cup) contains 140 calories, 34 g carbohydrate, 2 g fiber, 4 g protein, 1 g fat, 0 mg cholesterol and 50 mg sodium.

ALL MILK-WHITE OR FLAVORED- provides the same powerful package of 9 essential nutrients to help build strong bones and bodies.

AMERICA'S DAIRY FARM FAMILIES are proud to bring you fresh, wholesome milk 365 days a year! Did you know it only takes about 48 hours for milk to make its journey from the farm to the store?

ONE CUP OF MILK PROVIDES:

- 25% Daily Value (DV) of Calcium
- 16% DV of Protein
- 15% DV of Vitamin D
- 20% DV of Phosphorus
- 15% DV of Vitamin A
- 35% DV of Riboflavin
- 50% DV of Vitamin B12
- 20% DV of Pantothenic acid
- 10% DV of Niacin

ONE 8-OUNCE GLASS OF FAT-FREE OR 1% MILK CONTAINS JUST ABOUT 100 CALORIES!

THE LOWDOWN ON LACTOSE INTOLERANCE

If you are lactose intolerant, you can still enjoy dairy foods! Lactose-free milk is real dairy, just without the lactose. It provides the same essential nutrients found in regular dairy products. Check with a registered dietitian to see what other options might be safe for you.

YOUR MILK COMES FROM A GOOD PLACE

AMERICAN DAIRY ASSOCIATION NORTH EAST

AmericanDairy.com