

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 cardiovascular 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

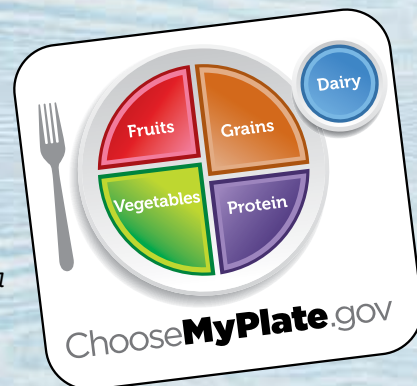
Whether in a glass, bowl or plate —

Low-fat Dairy Makes Mealtime Complete.

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 every day!



The Basic Plate

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



Breakfast Anytime

yogurt***
fruit
low-fat granola
orange juice

The Vegetarian Plate

meatless chili with beans
low-fat shredded cheese***
brown rice

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



One Dish Meal

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

*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. Guidelines for Americans, 2015. 8th Edition, Washington, DC: U.S. Government Printing Office, January 2015.

*** 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.



AmericanDairy.com