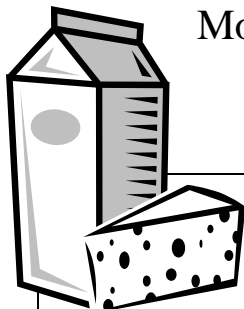


INCREASING DAIRY IN YOUR DIET



How Much Dairy Do I Need?

Most people need at least 3 cups of fat-free/low-fat milk or an equal amount of yogurt or cheese every day.



What Equals 1 Cup of Dairy?

(most should be fat-free or low-fat)

- | | |
|---|---|
| ♥ 1 cup of low-fat or fat-free milk | ♥ 1½ ounces of hard cheese |
| ♥ 1 cup of pudding made with low-fat or fat-free milk | ♥ 1½ cups of low-fat ice cream |
| ♥ 1 cup of low-fat or fat-free frozen yogurt | ♥ ½ cup of low-fat or fat-free ricotta cheese |

How Much Calcium Do I Need?

Most women need 1200 mg a day. It sounds like a lot but it isn't really that hard to do if you eat a variety of healthy foods. Look on the nutrition facts label to find out how much calcium you are getting. Go to www.mypyramid.gov for more information.

A Healthy Diet with lots of Calcium and Other Nutrients May:

- ✓ Help you keep a healthy weight.
- ✓ Help control your high blood pressure when fruits and vegetables are included.
- ✓ Help lower your chances of getting kidney stones.
- ✓ Help keep your bones strong and healthy.



Tips For Getting Your Daily Amount of Dairy

- ✓ Add hot fat-free or low-fat milk to your coffee rather than drinking it black. Sprinkle on nutmeg or cinnamon for an extra treat.



- ✓ Drink fat-free or low-fat milk as a beverage at meals.

- ✓ Put low-fat/low-sugar flavored yogurt on top of cut up fruit for a quick dessert.

- ✓ Add a slice of fat-free or low-fat cheese to your sandwich.



- ✓ Use fat-free or low-fat milk when making cream soups.

- ✓ If you drink cappuccinos or lattes, ask for them with fat-free/skim milk.

- ✓ Use fat-free or low-fat milk on your cereal.

- ✓ Make a healthy smoothie with fat-free or low-fat milk and yogurt. Add bananas and strawberries for tasty treat.



Can't Drink Milk?

If you can't drink milk because you are lactose intolerant you can choose lactose-free products such as cheese, yogurt or lactose-free milk. You can also take the enzyme, lactase, before eating milk products.

If you cannot eat or drink milk products try:

- ✓ Calcium fortified cereals and breads



- ✓ Canned fish (sardines, salmon with bones)

- ✓ Soybeans or other soy products, such as tofu

- ✓ Spinach, fresh or frozen



- ✓ Turnip greens, fresh or frozen

- ✓ Calcium fortified juices, soy beverages or rice beverages

