

DAIRY

Great-Tasting Ways to Use Low-fat Milk



Start at Breakfast

- Use low-fat milk in place of water when making hot cereals such as oatmeal.
- Mix low-fat milk into your scrambled eggs before cooking for extra fluffy eggs.
- Make breakfast complete by having a glass of low-fat milk, toast topped with peanut butter and your choice of fruit.



Smart Snacking

- Make an instant smoothie by blending one cup of low-fat milk with fruit and ice cubes.
- Prepare instant pudding mix with low-fat milk and spoon over sliced bananas.
- Add a dash of vanilla and cinnamon to low-fat milk and warm up for a relaxing evening beverage.



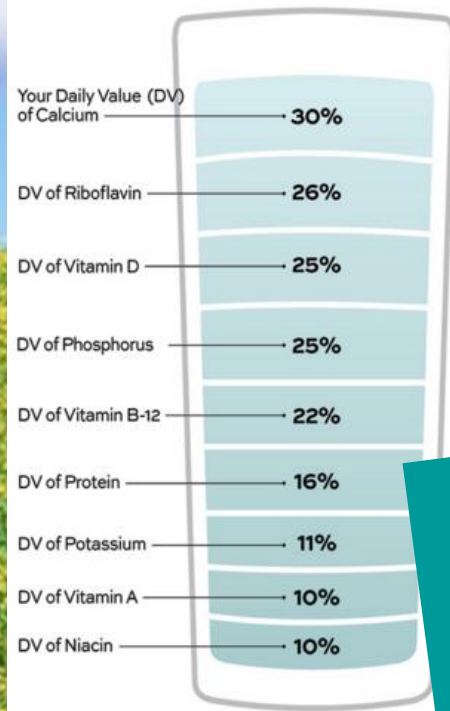
Making Meals Healthier

- Use low-fat milk to reduce fat in recipes.
- Make soups and casseroles more flavorful by adding low-fat milk.
- Add low-fat milk to recipes such as scalloped or mashed potatoes and creamy sauces.

healthyeating.org

Dairy foods are a core part of a healthy dietary pattern. The Dietary Guidelines for Americans recommends 3 cups of low fat or fat-free milk and milk products daily for those 9 years or older. Dairy foods are a substantial contributor of many nutrients important for good health in the diets of Americans, including about half of the calcium and more than half of the vitamin D. Current evidence shows intake of milk and milk products is linked to improved bone health, reduced risk of cardiovascular disease, type 2 diabetes, and lower blood pressure in adults.

One cup of milk—whether whole, low-fat or fat-free—provides:



Sensitive to lactose?
Try yogurt, hard cheeses, or lactose-free milk.

| | Calories | Total fat (grams) | Protein (grams) | Calcium (% daily value) |
|------------|----------|-------------------|-----------------|-------------------------|
| Cow, whole | 147 | 8.1 | 7.9 | 33 |
| Cow, skim | 86 | 0 | 8 | 50 |
| Goat | 169 | 10 | 9 | 33 |
| Almond | 60 | 2.5 | 1 | 20 |
| Soy | 132 | 4 | 7 | 25 |
| Rice | 120 | 2 | 0.4 | 2 |
| Coconut | 467 | 50.5 | 4.8 | 4 |

SOURCE: NUTRITIONDATA.SELF.COM

When it comes to milk, cow's milk reigns supreme. Dairy alternatives like almond, soy, rice, and coconut milk are often very low in protein and calcium and loaded with extra sugar for flavoring. Opt for low fat or fat-free milk, which provides the same nutrients for less calories and fat than whole milk.