

DAIRY

You can do more than drink it.



What equals a cup of milk?

8 fluid ounces of milk



8 ounces of yogurt



3 slices of processed cheese (American)



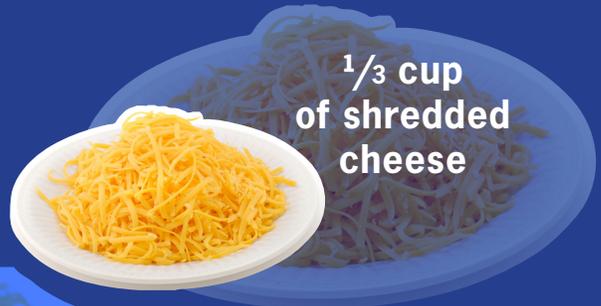
1 cup of pudding (made with milk)



1 cup of frozen yogurt



1/3 cup of shredded cheese



2 slices of natural cheese (Cheddar, Swiss, Mozzarella)



Have you tried low-fat or fat-free lately?





Is LACTOSE keeping you from nutrients needed for a healthful diet?
There is much more to dairy than lactose!

VITAMIN A

Helps your skin and eyes stay healthy

NIACIN

Helps your body make energy

PHOSPHORUS

Helps your bones and teeth stay strong

VITAMIN D

Helps your body use calcium

VITAMIN B12

Helps keep your blood healthy

POTASSIUM

Helps your blood pressure stay normal

RIBOFLAVIN

Helps your body make energy



PROTEIN

Helps your body build strong muscles



CALCIUM

Helps your bones and teeth stay strong

Don't give up on dairy - your body will thank you!

Try small amounts and see how your body feels:

Try a 1/2 cup of milk with a meal.

Try cheese, it has less lactose than milk.

Try yogurt, it helps your body digest lactose.

Try lactose-reduced/free milk.



Milk. A part of everything that's good.

Have you tried low-fat or fat-free lately?

DAIRY - 201

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Don't give up on
DAIRY
 Your body will thank you!

Is lactose keeping you from nutrients needed for a healthful diet?

Try a 1/2 cup of milk with a meal!



Please read the labels and make a healthy choice. Lose the fat and keep the vitamins, minerals and protein.

WHOLE (VITAMIN D) MILK

Nutrition Facts	
Serving Size 1 Cup (8 fl. oz.)	
Amount Per Serving	Calories from Fat 70
Calories 150	% Daily Value*
Total Fat 8g	12%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 120 mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	16%
Vitamin A 6% • Vitamin C 2% Calcium 30% • Iron 0% • Vitamin D 25% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Total Fat	Calories: 2,000 2,500
Saturated Fat	Less Than 65g 80g
Cholesterol	Less Than 20g 25g
Sodium	Less Than 300mg 300mg
Total Carbohydrate	Less Than 2,400mg 2,400mg
Dietary Fiber	300g 375g
Protein	25g 30g
Calories per gram:	
Fat 9	• Carbohydrates 4 • Protein 4

REDUCED-FAT (2%) MILK

Nutrition Facts	
Serving Size 1 Cup (8 fl. oz.)	
Amount Per Serving	Calories from Fat 45
Calories 120	% Daily Value*
Total Fat 5g	8%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0g	
Cholesterol 25mg	8%
Sodium 120 mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	16%
Vitamin A 10% • Vitamin C 2% Calcium 30% • Iron 0% • Vitamin D 25% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Total Fat	Calories: 2,000 2,500
Saturated Fat	Less Than 65g 80g
Cholesterol	Less Than 20g 25g
Sodium	Less Than 300mg 300mg
Total Carbohydrate	Less Than 2,400mg 2,400mg
Dietary Fiber	300g 375g
Protein	25g 30g
Calories per gram:	
Fat 9	• Carbohydrates 4 • Protein 4

FAT-FREE (SKIM) MILK

Nutrition Facts	
Serving Size 1 Cup (8 fl. oz.)	
Amount Per Serving	Calories from Fat 0
Calories 80	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 120 mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	16%
Vitamin A 10% • Vitamin C 2% Calcium 30% • Iron 0% • Vitamin D 25% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Total Fat	Calories: 2,000 2,500
Saturated Fat	Less Than 65g 80g
Cholesterol	Less Than 20g 25g
Sodium	Less Than 300mg 300mg
Total Carbohydrate	Less Than 2,400mg 2,400mg
Dietary Fiber	300g 375g
Protein	25g 30g
Calories per gram:	
Fat 9	• Carbohydrates 4 • Protein 4



When it is hard to change, make small changes – whole milk to 2% milk to 1% milk to fat-free (skim) milk. Switch when you and your family are ready for a change.



Is LACTOSE keeping you from nutrients needed for a healthful diet?

SHREDDED CHEDDAR CHEESE

Nutrition Facts

Serving Size 1/3 Cup (28g)	
Amount Per Serving	
Calories 110	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 25mg	8%
Sodium 180mg	8%
Potassium 25mg	1%
Total Carbohydrate <1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 7g	14%
Vitamin A 6%	• Vitamin C 0%
Calcium 20%	• Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4



*Try cheese-
it has less
lactose
than milk!*

**Check the
labels and
make a
healthy
choice.**

REDUCED-FAT SHREDDED CHEDDAR CHEESE

Nutrition Facts

Serving Size 1/3 Cup (28g)	
Amount Per Serving	
Calories 90	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Cholesterol 20mg	7%
Sodium 230mg	10%
Potassium 20mg	1%
Total Carbohydrate <1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 7g	14%
Vitamin A 8%	• Vitamin C 0%
Calcium 20%	• Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

LOW-FAT BLUEBERRY YOGURT

Nutrition Facts

Serving Size 6 ounces	
Amount Per Serving	
Calories 160	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 75mg	3%
Potassium 210mg	6%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 27g	
Protein 5g	10%
Vitamin A 15%	• Vitamin C 2%
Calcium 15%	• Iron 0% • Vitamin D 35%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4



*Try yogurt-
it helps
your body
digest
lactose!*

**Lose the fat
and keep
the vitamins,
minerals and
protein.**

FAT-FREE BLUEBERRY YOGURT

Nutrition Facts

Serving Size 6 ounces	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 95mg	4%
Potassium 240mg	7%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 9g	
Protein 6g	12%
Vitamin A 15%	• Vitamin C 2%
Calcium 20%	• Iron 0% • Vitamin D 35%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

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Fruit Dip

Serving Size: ¼ of recipe , Yield: 4 servings

Prep Time: 15 minutes

Ingredients:

- 8 ounces yogurt, low-fat vanilla
- 2 Tablespoons orange juice, 100% juice, frozen concentrate, thawed
- 1 Tablespoon lime juice
- ½ Tablespoon brown sugar
- 2 red apples - cored and sliced
- 1 pear - cored and sliced
- 1 peach - pitted and sliced

Instructions:

1. In a small bowl, combine yogurt, orange juice concentrate, lime juice and brown sugar.
2. Mix well.
3. Place bowl containing dip on a large plate and surround with fruit.

Cost:

Per Recipe: \$ 2.45
Per Serving: \$ 0.61

Source:

Adapted from: Discover the Secret to Healthy Living
California 5-a-Day—For Better Health! Campaign
California Department of Health Services
Author: California Department of Health Service

Is LACTOSE keeping you from nutrients needed for a healthful diet?

Try yogurt - it helps your body digest lactose!

Nutrition Facts

Serving Size ¼ of recipe (214 grams)

Amount Per Serving

Calories 140 Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 40 mg **2%**

Total Carbohydrate 32g **11%**

Dietary Fiber 3g **12%**

Sugars 24g

Protein 3g

Vitamin A 4% • Vitamin C 25%

Calcium 10% • Iron 2%

Try cheese - it has less lactose than milk!

Nutrition Facts

Serving Size 1 slice, 1/8 of recipe (83g)

Amount Per Serving

Calories 90 Calories from Fat 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 210mg **9%**

Total Carbohydrate 9g **3%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 6g

Vitamin A 60% • Vitamin C 50%

Calcium 15% • Iron 4%

Cheese & Vegetable Pizza

Serving Size: 1/8 of recipe , Yield: 8 servings

Ingredients:

- ¾ cup pizza sauce
- 1 large Italian pizza shell
- 1 cup chopped broccoli
- 1 cup shredded carrots
- ½ cup sliced red or green bell pepper
- 5 ounces shredded mozzarella cheese, low-fat

Instructions:

1. Preheat the oven to 450°F.
2. Spoon pizza sauce on pizza shell.
3. Put pizza shell on a cookie sheet. Arrange vegetables over sauce. Sprinkle on the cheese.
4. Bake for 10 minutes.
5. When baked, cool pizza for 3 minutes before slicing. Cut into 8 wedges.

Cost:

Per Recipe: \$ 4.49
Per Serving: \$ 0.56

Source:

Adapted from: It's So Easy, Contra Costa Health Services
California 5 A Day, Author: California 5 A Day

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You can do more than drink it.



Milk. A part of everything that's good.

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