DAIRY ALL DAY

What Can Snacks Do For You?

- Snacking can help you control overeating by not letting you feel too "hungry."
- Calories from healthy dairy snacks can help you manage weight.

How Do Snacks Fit into Your Diet?

In order to make snacks a healthy part of your diet, try to keep them under 200 calories.

Smart Snacking is Easy!

- Mix crushed pecans, low-fat granola or fresh fruit into low-fat vanilla yogurt.
- Wrap a fat free pretzel or a few slices of lean turkey in reduced-fat string cheese.
- Combine apple slices or celery sticks with reduced fat cheddar cheese.

Snacks and Meals

Enjoy Dairy at Every Meal

Breakfast

Top pancakes or waffles with yogurt and fruit or add cheese to an omelet.

Lunch

Add cheese to your sandwich and combine with fresh fruit and carrot sticks or enjoy a garden salad with low-fat dressing and freshly grated cheese on top.

Dinner

Add cheese to tacos and combine with rice and beans or add low-fat milk to alfredo sauce and combine with pasta and steamed vegetables.

Add Dairy to Your Diet

- Drink a smoothie made with fresh fruits, fat free frozen yogurt, and low-fat or skim milk.
- Add low-fat or skim milk to your hot or cold cereal.
- Freeze 1 cup low-fat strawberry or chocolate milk in a popsicle container.
- Add low-fat or skim milk to your coffee.

SOUTHWEST DAIRY FARMERS™

Milk. A part of everything that's good.®

OKLAHOMA STATE UNIVERSITY®

EXTENSION