



### Milk Is Not Just For Kids!

Keeping milk in your diet can reduce the risk of osteoporosis (bone loss).  
 Adults who drink milk are more likely to eat a healthier diet.

### Lose the Fat, Keep the Nutrition!

There are less calories and fat in low-fat, 1%, and skim milk. You will still get the same amount of calcium, protein, and benefits as whole milk.

### How Much Do Adults Need?

Adults need **3 servings** of dairy per day!

**1 cup of milk = 1 serving**

### Add Milk To Your Diet

- Drink a smoothie made with fresh fruits, fat free frozen yogurt, and milk.
- Add milk to your coffee
- Add milk to your cereal
- Make soup with milk
- Make pudding with milk

### What If You Don't Like Low-fat Milk?

Follow these steps to switch to low-fat:

**Step 1:** Mix whole milk with reduced fat.  
**Step 2:** Slowly use less whole milk until you are only drinking reduced fat milk.  
**Step 3:** Then switch from reduced to low-fat.

### Lactose Intolerance

**Lactose intolerance** is when your body cannot digest lactose, a type of sugar in milk.

People with lactose intolerance may feel nausea, stomach cramping, or bloating after they drink milk or eat dairy foods.

### Don't Give Up On Dairy If You Have Lactose Intolerance!

Many people with lactose intolerance can consume small amounts of milk, as well as yogurt and hard cheeses without problems.

Try 1/2 to 1 cup of milk with meals and increase slowly.

Try lactose-free milk.

