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Dairy in Your Diet

Low fat dairy products...


- Provide calcium, protein and vitamins
- Help build muscles and strong bones

Try for three servings every day...

- It's easy! A serving is only a half cup of milk or yogurt or 1 1/2 ounces of cheese
- Select low fat or fat free dairy foods
- Try skim or 1% milk instead of soda or sweetened drinks
- Low fat yogurt is a great breakfast or snack

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Dairy in Your Diet

Did you know?

As part of a healthy diet, low fat dairy products are a good source of calcium for STRONG BONES, protein for HEALTHY MUSCLES and VITAMINS and MINERALS for GOOD HEALTH. Low fat dairy can also help you maintain a healthy weight!

Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.

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