



An Important Part of a Healthy Eating Pattern

A healthy eating pattern starts with daily nutrient-rich food choices like milk, yogurt, cheese, vegetables, fruits, whole grains, beans, nuts, seeds and lean proteins.

Many Tasty Ways to Enjoy Milk, Cheese and Yogurt

A variety of milk and dairy food options can support personal needs, tastes and traditions.

Dairy Foods



Snack Ideas



Dip raw bell pepper slices or zucchini sticks in plain yogurt or yogurt with added herbs and spices.



Pack cheese slices plus whole-grain crackers for a travel snack.

Meal Ideas

Add milk to hot cereals like oatmeal.



Spoon plain yogurt onto tacos, quesadillas, chili or enchiladas.



Did You Know?

- Whole, 2% reduced-fat, 1% low-fat, fat-free, organic and lactose-free milks all provide similar nutrients.
- Non-dairy drinks made from oats, nuts, rice or coconuts do not provide the same protein or nutrients as dairy milk.
- It is safe to drink milk past the “sell by” date if it looks and smells normal.
- Milk and dairy foods provide nutrition for as little as \$0.25 per cup.
- Milk and dairy foods are made available through school meals and other low- and no-cost food assistance programs.

Benefits for a Lifetime

Dairy foods like milk, yogurt and cheese have a special package of nutrients that benefits all ages.

Lean muscle development, brain development and immune support



Optimal growth and development for children and success in school



Lower risk of type 2 diabetes, obesity and heart disease and healthy blood pressure

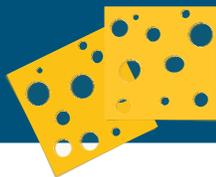


How much dairy is recommended every day?

Ages 2 to 8	Ages 9 to Adult
2-2 ½ cups	3 cups

Source: Dietary Guidelines for Americans 2020-2025

What does a cup look like?



How will you enjoy dairy?

I will eat _____ as part of _____.
 (choose a dairy food) (choose breakfast, lunch, snack or dinner)

Fermented Dairy

Includes yogurt, kefir and cottage cheese

Tastes creamy and tangy

Provides probiotics and special health benefits

May improve gut health, bone health, mental health and immunity

May help reduce lactose intolerance



Banana Berry Smoothie Recipe

Ingredients:

- 1 Banana
- ½ cup Milk
- ½ cup Vanilla Yogurt
- ½ cup Fresh or Frozen Berries
- 4 Ice Cubes

To make:

In a blender, process all the ingredients until smooth. Add more milk if the smoothie is too thick.

Makes one serving. Enjoy immediately!



This program aligns with the Dietary Guidelines for Americans. It is one of many nutrition education resources offered by Dairy Council of California for students and adults to improve eating habits. For more information and additional resources, visit HealthyEating.org.

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 MD200/50,000/05-21/CPS