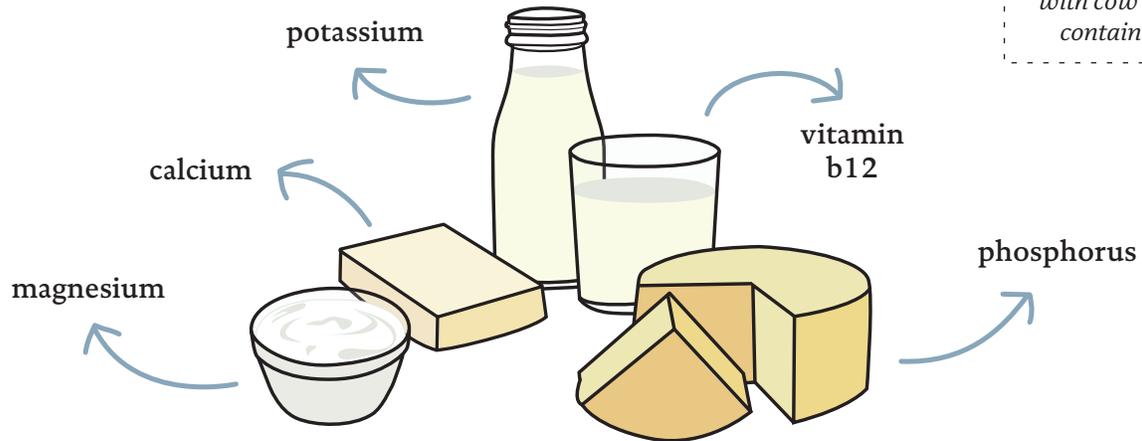


# dairy 101

## getting familiar with dairy foods

### main nutrients

Some of the main nutrients in dairy products include: <sup>1,2,3</sup>



*Dairy includes all foods that start with cow's milk and contain calcium*

*\*Many dairy products are fortified with Vitamin A and Vitamin D. Fortification means adding vitamins and minerals to a food to increase its nutrients.*

Milk-based dairy protein is a complete protein, which means it contains all the amino acids, or protein building blocks that your body can't make by itself and needs from food. Dairy foods can be full-fat (4%), reduced-fat (2%), low-fat (1%), or non-fat (0%) so it can play a part in a range of diets. This amount of fat has an effect on the taste, texture, and even the look of the food!

### how it works

This one-of-a-kind bundle can work in multiple ways to support a healthy lifestyle:

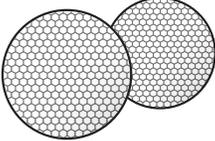
- Studies about dairy in our diets have shown that people who regularly eat yogurt are more likely to be meeting their nutrient requirements than those who do not consume yogurt.<sup>2</sup>
- Having dairy daily may be linked with lower risks of general health problems, including high blood pressure and type 2 diabetes, regardless of the level of fat.<sup>2,3,4</sup>
- As a good source of protein, dairy can help keep you full!<sup>4</sup>
- Choosing dairy products with fat may also help to keep you fuller, with some studies showing weight loss in diets with high-fat dairy.<sup>3</sup>

### what to look for

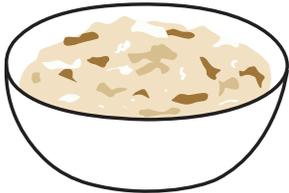
Here are a few tips to make sure you're fully enjoying the benefits of dairy:

- Be aware of added sodium, fat, and sugar. For example, you may choose to enjoy plain, unsweetened yogurt and add your own fruit, honey, or sugar.
- Your daily dairy needs depend on your age and amount of exercise, but an average person will need 2-3 servings a day.<sup>1</sup>
- Check in with your dietitian to see what your individual nutrient needs are!

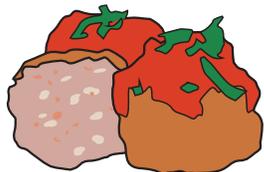
— serving sizes —

Dairy Food	What is a serving?	
milk	1 cup =	 a glass
yogurt	6 oz =	 a fist
cheese	1 1/2 oz Cheddar, Mozzarella, Parmesan	 a pair of dice
	1/3 cup shredded cheese	 two golf balls

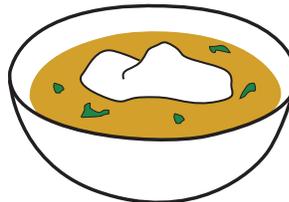
— looking to incorporate more dairy into your everyday diet? —



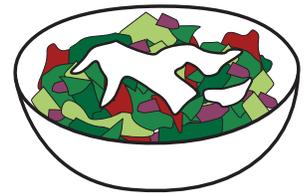
cook oatmeal with milk



use cheese to bulk up meatballs



dollop yogurt on top of soup



dress up your salad with yogurt or use it to make an herby, creamy sauce

<sup>1</sup> <<https://www.choosemyplate.gov/eathealthy/dairy>>

<sup>2</sup> How sound is the science behind the dietary recommendations for dairy? Weaver CM. Am J Clin Nutr 99(5) 2015 May 1217S-1222S.

<sup>3</sup> Science Brief: Whole and Reduced-Fat Dairy Foods and CVD Risk. National Dairy Council 2018 <<https://www.nationaldairycouncil.org/-content/2019/whole-and-reduced-fat-dairy-foods-and-cardiovascular-disease>>

<sup>4</sup> Emerging Evidence for the Importance of Dietary Protein Source on Glucoregulatory Markers and Type 2 Diabetes: Different Effects of Dairy, Meat, Fish, Egg, and Plant Protein Foods. Comerford, KB and Pasin, G Nutrients 8(8) 2016 Aug 446