

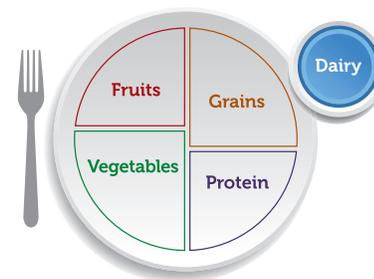
▶ GET YOUR DAIRY

Dairy foods offer important nutrition for you and your family. Choose low-fat or fat-free dairy foods to get the calcium and vitamin D your body needs for strong teeth and bones. If you can't drink milk, try calcium-fortified soymilk (soy beverage), low-fat yogurt, cheese, or calcium-enriched foods. Adults and children who need 2,000 calories daily should eat or drink about 3 cups of dairy each day.

Serve different types of dairy such as:

- 1 cup of low-fat milk on cereal (counts as 1 cup of dairy)

- ½ cup of calcium-fortified soymilk with your meal (counts as ½ cup of dairy)
- 1 cup of low-fat plain yogurt (counts as 1 cup of dairy)
- 1 slice (1 ounce) of low-fat cheddar cheese on a sandwich (counts as ½ cup of dairy).



▶ TIPS TO GET YOUR DAIRY

Make the switch to low-fat and fat-free milk. Some kids and adults may need to make the change from full-fat dairy slowly. First, switch from whole to 2% milk (reduced-fat). Later, change to low-fat (1%) or skim (fat-free) milk.

Keep dairy food on your shopping list. Keep a list of dairy foods that your family will eat such as low-fat milk or yogurt. Check online and look at your grocery receipt for coupons to help you save more on dairy foods. 💰

Use low-fat plain yogurt for toppings and sauces. Some foods are not part of the dairy food group, like cream, sour cream, cream cheese, and butter. They are high in solid fat and have little or no calcium. Add low-fat or fat-free milk to your coffee

or tea instead of cream. Use low-fat yogurt instead of sour cream for cooking.

If you have trouble drinking milk, try soymilk (soy beverage). If you don't or can't drink cow's milk, fortified soymilk is a great choice.

Add a little cheese to meals and snacks. Look for lower fat cheeses like part-skim mozzarella, or reduced-fat Swiss or cheddar. Serve low-fat choices with foods like sliced cucumbers, apples, or 100% whole-grain crackers.

Show kids that dairy is important. Make a point to eat and drink dairy foods daily. Chocolate milk, flavored yogurt, frozen yogurt, and pudding have calcium but also a lot of added sugar. Serve them on special days and less often.

💰 BUDGET-FRIENDLY TIP

To find the right amount of dairy foods for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or SuperTracker.usda.gov.



▶ **BATIDO SMOOTHIE**

TOTAL TIME: 10 minutes

MAKES: 4 servings

INGREDIENTS:

- 2 cups papaya chunks, fresh or frozen*
- 2 bananas, overripe and sliced
- 1 cup yogurt, plain low-fat**
- 1 cup ice cubes

DIRECTIONS:

1. Put all the ingredients in the blender.
2. Put the lid on tightly. Turn the blender to a medium setting and blend about 1 minute until the ice is chopped and the mixture is smooth.
3. Serve right away, or cover and refrigerate up to 4 hours.

*Frozen or fresh strawberries, blueberries, or raspberries can be used in addition to or instead of papaya.

**Low-fat milk, soy, rice, almond, or coconut milk can be used instead of yogurt.



NUTRIENTS PER SERVINGS:

Calories 118, Protein 4 g, Dietary Fiber 3 g, Total Fat 1 g, Saturated Fat 1 g, Cholesterol 4 mg, Sodium 46 mg.



For more recipes visit
WhatsCooking.fns.usda.gov.



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