



FEED YOUR BODY AND FUEL YOUR DAY WITH DAIRY



Helps eyes see better

A serving of milk contains 10% of the recommended daily value of vitamin A, which supports eye health and maintains a healthy immune system.



Promotes healthy teeth

The nutrients found in milk, such as calcium, phosphorous, magnesium, and vitamin D, support the development and maintenance of teeth.



Keeps hearts beating strong

The calcium, potassium, and magnesium found in dairy foods are associated with a reduced risk of cardiovascular disease and lower blood pressure.



Strengthens muscles

The high-quality protein in milk supports muscle growth and repair. Many experts recommend consuming 25-30 grams of protein at each meal. A glass of milk has 8 grams.

HOW DOES DAIRY DO ALL THAT?

Dairy has many nutrients: calcium, protein, phosphorus, vitamin A, vitamin B12, vitamin D, riboflavin, potassium, and niacin. All these essential nutrients are bundled together in your favorite dairy foods. Fuel your day with delicious and nutritious dairy.



Builds bones

Dairy foods are a good source of many essential nutrients that support bone health.



Nourishes gut health

Cultured dairy products like yogurt contain probiotics that enhance the good bacteria in the gut, improving digestion.



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AIM FOR 3 DAIRY SERVINGS A DAY



**1 Cup
of Milk**

Make oatmeal with low-fat milk

Refuel with chocolate milk after exercise

DIY flavored milk: blend low-fat milk with sliced bananas or strawberries



**1 Cup
of Yogurt**

Vegetable dip: mix a ranch seasoning packet into plain yogurt

Smoothie: blend peanut butter, banana, Greek yogurt, and milk

Parfait: layer yogurt with fruit and granola



**1.5 Ounces
of Cheese**

Fruit and cheese kabob: skewer cheese cubes, grapes, melon, and pineapple

Cheese quesadilla: sprinkle Monterey Jack cheese on a whole grain tortilla and top with salsa

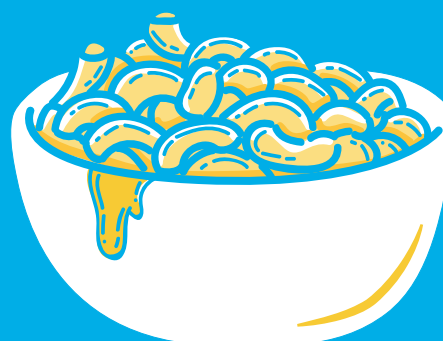
Melt cheddar cheese on steamed broccoli

MICROWAVE MAC AND CHEESE

Prep Time: 10 Minutes
Yield: 1-2 Servings

Ingredients:

1/2 Cup Dry Macaroni Pasta
1 Cup Water
1/2 Cup Shredded Cheddar Cheese
1/4 Cup Milk
1 Tablespoon Cream Cheese
Salt and Pepper to Taste



Directions:

1. Combine pasta and water in a large microwave-safe bowl (do not use a mug). Microwave 7-8 minutes, or until pasta is al dente.
2. Drain excess water and add cheese, milk, cream cheese, salt, and pepper. Stir to combine.
3. Microwave 1-2 minutes, or until pasta is tender and cheese is melted.
4. Stir and serve.



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