mmm...MILK!

Some great ideas for meals or snacks:

**Breakfast** — cereal with milk, cup of yogurt, cottage cheese with fruit

**Lunch** — add low-fat milk to condensed soup instead of water, add cheese to sandwiches, macaroni and cheese, PB&J with milk

**Dinner** — sprinkle cheese on salad, pizza, ricotta cheese, glass of milk

**Snacks** — chocolate or strawberry milk, frozen yogurt, pudding, smoothie w/ fruit, ice, and milk, string cheese, cheese and crackers, ice cream, and once in a while a cookie with milk

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**RECIPE**

**Strawberry 'n Cream Cooler**

**Ingredients:**
1.5 cups low-fat strawberry milk
1/2 cup fat free vanilla frozen yogurt
1/2 cup frozen strawberries, not thawed

Combine ingredients in a blender container. Cover and blend at high speed until smooth. Makes 2 servings.

**Nutrition facts per serving:**
220 calories, 2 g fat, 5 mg cholesterol, 125 mg sodium, 35 g carbohydrate, 9 g protein, 313 mg calcium (30% DV)

Check out these websites for more information or call 1-800-370-2943.

www.got-milk.com
www.whymilk.com
www.nichd.nih.gov/milk/milk.cfm

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Milk.

Does the Body Good!

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NUTR360

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Why Is Milk So Important?

Milk has many important nutrients! In fact, it contains several vitamins and minerals like calcium, Vitamin D, and Vitamin A. It helps build strong bones and teeth and can even supply energy for excelling in school and other activities.

What is calcium?
- Calcium is an essential nutrient.
  - This means it is a nutrient your body can’t make, therefore you have to get it from the food you eat.
- It helps to build strong bones and teeth.
- Also, calcium is needed for muscles to contract, blood to clot, and nerve impulses to transmit in the body.
- For teenagers, 1300 mg of calcium is needed each day.

What does Vitamin D do?
- Vitamin D helps the body absorb calcium and it is equally critical for healthy, strong bones.

How much should I drink?
At least three 8 oz. glasses each day.

Try to have at least 3 servings of dairy products each day.

1 serving:
- = 1 cup (8 oz.) of milk
- = 1 cup of yogurt
- = 2 oz. of processed cheese food
- = 1 ½ oz. cheese

There are many low-fat options available which are even better!