



# BONE<sup>UP</sup> ON DAIRY

## to Reduce Risk of Osteoporosis

### Tips to incorporate dairy foods into your family's diet

Eating three servings a day of dairy foods, in addition to regular physical activity, is an important way for the whole family to build stronger bones and reduce risk of osteoporosis. Nutrients in dairy foods including calcium, magnesium, phosphorus, potassium, protein and vitamin D work together to help build and protect bones. In fact, a report from the American Academy of Pediatrics states that eating calcium-rich foods such as **milk, cheese and yogurt** during childhood and adolescence will help build strong bones, which may reduce the risk of fractures and osteoporosis later in life. Choose low-fat and fat-free dairy products more often, or lactose-free dairy products if needed. Of course, adults can help protect their bones too, by getting 3-A-Day™ of Dairy and participating in weight-bearing exercise. So take care of yourself and set a good example for your kids at the same time.

**Incorporate these easy tips to boost nutrition, taste and flavor.**

#### BREAKFAST

- ▶ Combine 1 cup of low-fat milk or yogurt, fruit and ice cubes in a blender for a delicious smoothie
- ▶ Prepare hot cereal with low-fat or fat-free milk instead of water
- ▶ Top pancakes with 6-8 ounces of yogurt and fruit instead of syrup
- ▶ Add your favorite cereal to yogurt for a quick, on-the-go breakfast

#### LUNCH

- ▶ Prepare chicken noodle soup using 1 cup of low-fat milk instead of water for a creamy, hearty meal
- ▶ Add freshly shredded Mozzarella or Monterey Jack cheese to salads
- ▶ Stir flavored low-fat yogurt into fruit salads
- ▶ Serve low-fat or fat-free flavored yogurt as a dip for cut-up fruit

#### DINNER

- ▶ Top spaghetti and marinara sauce with 1 ounce of shredded part-skim Mozzarella cheese
- ▶ Mix 1 cup of plain yogurt with taco seasoning or ranch dressing mix for a delicious vegetable dip
- ▶ Serve ice-cold low-fat or fat-free milk instead of soda (It's a great choice for the whole family!)
- ▶ Finish entrées with low-fat toppings such as yogurt sauce or cheese

#### SUPER SNACKS

- ▶ Mix 1 cup of plain yogurt with yellow or Dijon mustard for dipping pretzels and vegetables
- ▶ Toss 2 tablespoons of freshly grated Parmesan cheese with fat-free microwave popcorn
- ▶ Fill ice trays with low-fat chocolate or strawberry milk and serve the cubes in glasses of milk for a cold surprise
- ▶ Heat a cup of low-fat or fat-free chocolate milk for an afternoon break

One Serving Size Equals:



Milk  
8 ounces (1 cup)



Cheese  
1 to 1-1/2 ounces of cheese



Yogurt  
6 or 8 ounce container of yogurt



3aday.org

Have you had your 3 today?

# Meal Planner

Incorporating three servings of dairy each day can be easy!

Create a meal menu for the entire week by filling out the planner and be sure to include three servings of low-fat or fat-free milk, cheese or yogurt every day. Use the planner as a guide when grocery shopping.

**Hint:** Make photocopies of the blank planner before filling out to use again!

	Breakfast	Lunch	Dinner	Snack	3 Servings of Dairy?
Sample Day	Yogurt smoothie and whole grain toast or cereal bar	Turkey sandwich and an apple	Chili w/ 1 oz. shredded cheddar, corn bread, mixed green salad	8 oz. fat-free milk and 1 oatmeal cookie	✓
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



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