



Doing Dairy Every Day is Easy!

Getting 3-A-Day of Dairy doesn't have to mean changing your daily routine. Just look how easy it can be to include one serving of dairy in the foods you eat every day!



Stir a cup of lowfat milk into condensed soup



Turn your coffee into a latte by mixing a shot of espresso or strong coffee with a cup of milk



Add a cup of milk into your breakfast cereal or oatmeal



Toss an ounce of shredded cheese (or 3-4 cheese cubes) into a salad



Sprinkle an ounce of shredded cheese to a hot or cold pasta dish



Add a slice of cheese to a sandwich or panini



Mix a cup of yogurt with seasoning for a vegetable dip or sandwich spread



Blend a cup of yogurt with your favorite fruit and ice to make a smoothie



Enjoy a cup of yogurt with French toast or pancakes