Low-fat Milk is a Delicious and Healthy Choice for You and Your Family

Low-fat milk contains the same important nutrients as whole milk—calcium, protein, vitamins and minerals—yet is lower in fat and calories too!

Great-Tasting Ways to Use Low-fat Milk

Start at Breakfast
- Use low-fat milk in place of water when making hot cereals such as oatmeal.
- Mix low-fat milk into your scrambled eggs before cooking for extra fluffy eggs.
- Make breakfast complete by having a glass of low-fat milk, toast topped with peanut butter and your choice of fruit.

Smart Snacking
- Make an instant smoothie by blending one cup of low-fat milk with fruit and ice cubes.
- Prepare instant pudding mix with low-fat milk and spoon over sliced bananas.
- Add a dash of vanilla and cinnamon to low-fat milk and warm up for a relaxing evening beverage.

Making Meals Healthier
- Use low-fat milk to reduce fat in recipes.
- Make soups and casseroles more flavorful by adding low-fat milk.
- Add low-fat milk to recipes such as scalloped or mashed potatoes and creamy sauces.

Lactose Intolerant?
Often people with lactose intolerance can comfortably consume smaller amounts of dairy products throughout the day. A recent study showed that most people with lactose intolerance can consume up to two cups of milk per day, one in the morning and one at night, without experiencing symptoms. Most can manage yogurt and aged cheeses such as cheddar and Swiss.
Make Yogurt a Part of Your Daily Healthy Choices

Just like milk, a serving of yogurt provides important nutrients you and your family need, like calcium, protein, vitamins and minerals. It’s versatile and tastes great too!

A single serving of low-fat yogurt contains the same amount of calcium as in ...

- 12 Servings of Whole Grains, or
- 10 Cups of Raw Spinach, or
- 6 Servings of Legumes

Ways to Eat Yogurt

Yogurt is extremely versatile. You can dip it, spread it, freeze it, add fruit to it or even eat it plain. Here are some other ideas:

- Make a breakfast parfait by layering yogurt with dry cereal or granola and topping with your favorite fruit
- Top waffles or pancakes with yogurt and sliced strawberries
- Dip raw vegetables in plain yogurt.
- Use yogurt for salad dressings and dips
- Serve plain yogurt on quesadillas, tacos, soups and chilies—as an alternative to sour cream

Creamy Fruit Smoothie

Recipe makes one serving

Ingredients:

- ½ Banana
- ½ cup low-fat or fat-free Milk
- ¼ cup vanilla Yogurt
- ½ cup fresh or frozen Berries
- 4 Ice cubes

How to make it:

In a blender, process all the ingredients until smooth. Add more milk if the smoothie looks too thick. Enjoy immediately!

Pump It Up Option: Add peanut butter to your smoothie. In addition to milk and yogurt, nuts are full of protein and vitamins.

Boost It Up Option: For healthy skin and eyes, add small amounts of vegetables like lettuce, frozen spinach, carrots or kale to your smoothie. A smoothie is a delicious way to get your greens.

Mix It Up Option: Find more smoothie recipes at HealthyEating.org/Smoothies.

HealthyEating.org