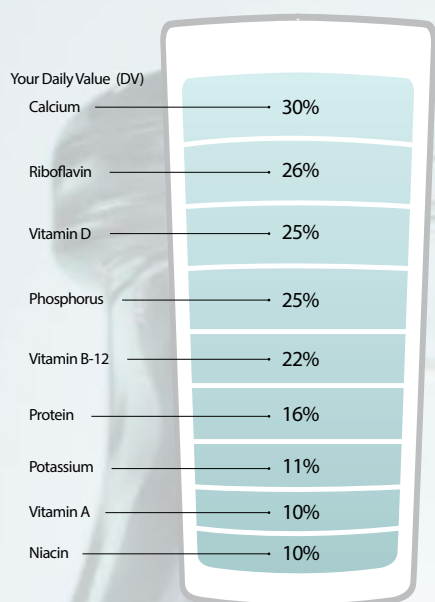


More Than Delicious: How Milk, Cheese and Yogurt Benefit Your Health

Get the Secrets, Stories + Facts of America's Favorite Natural Foods



One cup of milk—whether whole, low-fat, fat-free or lactose-free—provides:



WHAT WOULD YOU HAVE TO EAT TO GET THE SAME AMOUNT OF CALCIUM AS IN ONE 8-OUNCE GLASS OF MILK?

12 SERVINGS OF WHOLE GRAINS



OR

10 CUPS OF RAW SPINACH



OR

6 SERVINGS OF LEGUMES



3 CUPS:

the amount of milk and dairy foods recommended daily for those over age 9 from the 2010 Dietary Guidelines for Americans.
 * 2-3 years – 2 cups of milk
 * 4-8 years – 2.5 cups of milk

For the latest information about milk and making food choices for optimal health, visit HealthyEating.org

DAIRY COUNCIL OF CALIFORNIA®
Healthy Eating Made Easier®

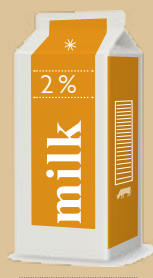
Decoding Your Choice in the Dairy Aisle

Milk is one of the most highly regulated foods in America. All types of milk pictured below are equally wholesome and safe to drink, including organic and conventional varieties. Below are your need-to-know facts.



Whole Milk

Creamy! Whole milk contains 3.5% fat by weight, the same amount found when it leaves the cow. Vitamin D is added to most milk produced in the U.S. to enhance the absorption of calcium.



2% or 1% Milk

(also known as reduced-fat or low-fat milk) Fat and calorie levels are reduced in these versions, but they have the same complete nutrient package as whole milk.



Fat-free Milk

(also known as non-fat or skim milk) From slender cows. Kidding. Fat-free milk has no more than 0.2% milk fat. It's the lowest in calories but, again, has just as many nutrients as whole milk.



Organic Milk

From cows fed organic diets. The nutrient content is the same as conventional milk and offers the same health benefits. It's the process that makes this milk organic, not the product.



Lactose-free Milk

Think you're lactose-intolerant? Try lactose-free milk (real milk without the lactose). It tastes great and provides the same levels of calcium, potassium, vitamin D and more.

Milk, Cheese and Yogurt Are Delicious and Healthy Choices for You and Your Family

Dairy Foods Contain Many of the Important Nutrients Your Family Needs, Such as Calcium, Protein, Vitamins and Minerals



High-Quality Protein Throughout the Day

- Use milk in place of water when making hot cereals such as oatmeal.
- Mix milk into your scrambled eggs before cooking for extra fluffy eggs.
- Round out your day and boost your overall nutrition by having a glass of low-fat milk at dinner.



Smart Snacking Boosts

- Make an instant smoothie by blending one cup of low-fat milk or yogurt with fruit and ice cubes.
- Make a nutritious, crunchy snack of cheese, fruit + veggies.
- Add a dash of vanilla and cinnamon to low-fat milk and warm up for a relaxing evening beverage.



Good Nutritional + Economic Sense

- Although the cost varies, milk remains an affordable food choice—for as little as \$0.25 per cup.
- Milk is by far your best price value when it comes to foods containing calcium.

Dairy Benefits for a Lifetime



Brain development



Strong bones and teeth



Sports recovery



Disease prevention



Maintain strong muscles and bones

Scientific Research Confirms the Many Healthy Benefits That Milk and Dairy Foods Provide

- A collective review of research finds that adequate calcium, vitamin D and protein are needed for healthy bones.
- A variety of studies has consistently found that 2-3 servings a day of dairy products is associated with lower blood pressure.

For more information, visit HealthyEating.org/Research.

Sensitive to lactose?

Try yogurt, hard cheeses or lactose-free milk.