

Lose Weight... Eat more Dairy!!!

Current data indicates that calcium may play a role in the body's natural system for burning fat! 3 servings of calcium a day is an easy way to help maintain strong, healthy bones, muscles and teeth. However, research indicates that most Americans are only eating half of the daily recommendation. Foods such as milk, yogurt and cheese pack 9 essential nutrients, including calcium, protein, potassium, phosphorus, vitamins A, B12, and D, riboflavin, and niacin. So what are you waiting for, grab some calcium right now!



For More information about Dairy Foods,
visit:
www.3aday.org

Questions about Calcium Supplements?
See Dining Services pamphlet "How Much
Calcium is Really in that Supplement"

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The Skinny on Dairy





-Enjoy your favorite flavors of great tasting milk, snackable cheese or portable yogurt.

-Be sure to enjoy the many reduced-fat, low-fat, and fat-free varieties of dairy foods

-Take a "3 p.m. Break" everyday. Reflect on your servings of calcium. If you fall short, it's a good time to work in another serving.

-Look for the 3-A-Day logo on the back of cheese, milk and yogurt. These products are an excellent source of calcium.



The Low-Down on Lactose

Lactose intolerance doesn't mean dairy intolerance. Follow these easy steps to comfortably enjoy the taste and health benefits of dairy foods

Drink lactose free milk

Aged cheeses like Cheddar and Swiss are naturally low in lactose

Introduce milk and other dairy foods into your diet slowly

Remember there are many Dietary Supplements that will naturally breakdown milk sugar

Yogurt contains friendly bacteria that help digest lactose



Serving sizes:

Milk= 8 ounces or 1 cups

Cheese, natural such as

Cheddar, Mozzarella= 1-1.5 ounces

Yogurt, plain or with



Great Dairy Tips:

-Top yogurt with sliced fruit or berries

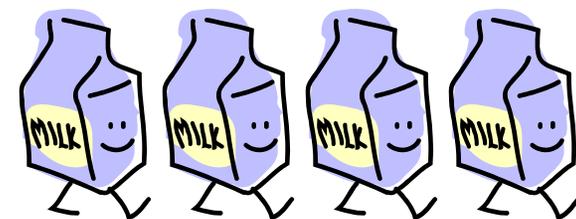
-blend fruit, juice and yogurt for a refreshing smoothie

-Make fruit and cheese or veggie and cheese kabobs for a colorful snack

-For a great dessert, add chocolate or strawberry flavoring to milk.

-Mix equal parts reduced-fat Ricotta cheese and fat-free vanilla yogurt together and stir in a teaspoon of honey to create a delicious fruit dip.

-Add shredded reduced-fat Cheddar to your fresh salad for added flavor and



Calcium Supplements

If you are still having a hard time getting all the calcium you need, try a calcium supplement. Choose a supplement by looking at the **elemental calcium** content. Remember, it is still important to get enough calcium from dairy foods!