

## 12 Delicious Ways to Enjoy Dairy Foods At Home

Everyone knows that dairy foods are a delicious way to build strong bones and teeth – with plenty of calcium, magnesium, potassium, vitamin D and other nutrients. Did you know that dairy products can also help you maintain a healthy weight, lower your blood pressure and prevent cancer, diabetes and gout? Milk, yogurt, cheese and cottage cheese aren't just kids' stuff – 3 servings a day are important for everybody.

1. **Enjoy MILK with meals:** Make 1% or skim milk the beverage of choice for all meals – morning, noon and night.
2. **Enjoy MILK on cereal:** Combine a whole grain cereal with lowfat milk for breakfast or a snack and your heart will thank you.
3. **Enjoy MILK in hot beverages:** Lattes, mochas, Chai tea or old-fashioned hot chocolate are all delicious ways to drink dairy.
4. **Enjoy YOGURT to-go:** In a cup “to-go,” lowfat yogurt makes a sweet and easy-to-eat treat.
5. **Enjoy FROZEN YOGURT:** Looking for a cool summer dessert? Top your favorite flavor of frozen yogurt with fresh or dried fruit.
6. **Enjoy YOGURT smoothies:** Blend up one at home with fruit and milk or pick up a bottled smoothie in the dairy case.
7. **Enjoy COTTAGE CHEESE:** Combine lowfat cottage cheese with fruit or nuts for a high-protein snack any time of the day or night.
8. **Enjoy a string CHEESE snack:** Perfect for eating on-the-run. Enjoy string cheese in standard mozzarella, Cheddar or a swirled combination.
9. **Enjoy melted CHEESE:** Cheese pizza with vegetables, grilled cheese on whole wheat or a quick quesadilla with beans and salsa are all great ways to enjoy cheese.
10. **Enjoy sprinkled CHEESE:** Sprinkle blue cheese on a salad, Parmesan cheese into tomato soup, or feta cheese on cooked vegetables.
11. **Enjoy CREAMY soups:** There's no need for cream; just make home-cooked or canned soup with lowfat milk for flavor and calcium.
12. **Enjoy dry MILK powder:** Use non-fat powdered milk to add an easy protein boost to smoothies, soups, casseroles and other dishes.



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