

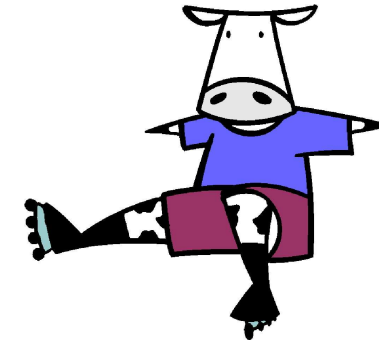
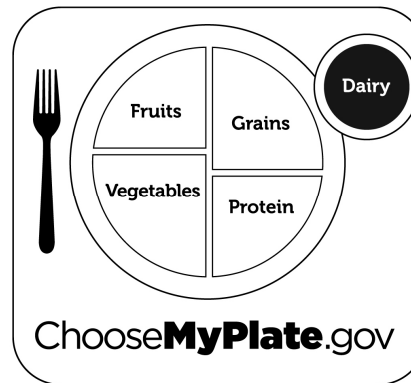


# My Plate ... DAIRY

## Got your DAIRY today?



The Dairy Group includes milk, yogurt, cheese and fortified soymilk. They provide calcium, vitamin D, potassium, protein and other nutrients needed for good health throughout life. Choices should be low-fat or fat-free.



### Tips for Choosing Dairy Products:

- Drink fat-free or low-fat milk.
- Fat-free or low-fat milk and yogurt have more potassium and less sodium than most cheeses.
- Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings like sour cream
- Select reduced-fat or low-fat cheese.
- Regular cream cheese, cream and butter are not part of the dairy group. They are high in saturated fat and have little or no calcium.
- Flavored milks, fruit yogurts, frozen yogurt and puddings can contain a lot of added sugars.
- If you are lactose intolerant, try lactose-free milk, drink smaller amounts of milk at a time or try soymilk.

