

EAT BETTER FOR LESS

Dairy: So Good, You'll Cry over Spilled Milk!

Think dairy is just for kids? Guess again!

Milk and other dairy products are excellent sources of calcium, a mineral needed to maintain strong bones and teeth at any age.

Calcium is also needed for our muscles, heart and nerves. When we don't get enough calcium from the food and drinks we consume, our bodies take it from our bones. Over time, our bones weaken, leading to a higher risk of injury.

A diet that includes three servings of milk (or equivalent dairy foods) daily provides enough calcium and other nutrients to help reduce the risk of osteoporosis, high blood pressure, and colon cancer.

Add more dairy to your diet and life to your bones with these tips:

- Drink milk and milk alternatives like soy, almond & oat that have added calcium. (Read the label to be sure.) – 8 oz.
- Natural cheese – 1/5 oz. or 1/3 cup shredded
- Yogurt – 8 oz.
- Cottage cheese – 1 cup
- Use milk instead of water in foods and drinks like hot chocolate, scrambled eggs, mashed potatoes, canned or packaged soup, pudding, or smoothies.



Peaches are now in season! Enjoy them in this smoothie, which features both yogurt and milk, for a delightful, creamy, bone-strengthening cool treat.

Peach Yogurt Smoothie

Ingredients

- 1 cup low-fat yogurt (try peach, vanilla or lemon)
- 1/3 cup nonfat dry milk
- 1/2 banana
- 3/4 cup orange juice
- 1/2 cup frozen peaches

Directions

1. Put all ingredients into a blender.
 2. Blend until smooth.
- Refrigerate leftovers within 2 hours.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.

Resources: www.niams.nih.gov/health-topics/calcium-and-vitamin-d-important-bone-health, winnersdrinkmilk.com/sustainable-nutrition/all-about-milk/, eatgathergo.org/recipe/peach-yogurt-smoothie/

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