



Calcium? That's just the beginning...

Milk provides a powerful nutrient punch and when searching for substitutes, supplements and fortified foods fall far short. The Dietary Guidelines committee increased the number of recommended number of dairy servings to 3 a day because dairy is a major source of potassium, vitamin A, magnesium and other nutrients Americans don't consume enough. In fact dairy foods contain five of the seven nutrients that are inadequate in people's diets.

- Top a fresh fruit salad with vanilla yogurt.
- Make a fruit dip by adding a little vanilla to lemon yogurt.
- Substitute low-fat plain yogurt for mayonnaise in tuna, egg or potato salad.
- Make your favorite dip mix with low-fat plain yogurt instead of sour cream to maximize nutrition and taste.
- Veggie quesadillas are a great way to pack in the nutrients. Top a tortilla with chopped vegetables and shredded cheese, fold in half and microwave.
- Alternate cheese cubes, vegetables and fruit chunks on sticks to make snack kabobs.
- Go for comfort food with a grilled cheese sandwich and a bowl of tomato soup made with milk instead of water.
- Drink milk with meals.

*For more tips on "Ways to Increase Consumption of Milk and Milk Products," see Table E-11 in the Dietary Guidelines" at <http://www.health.gov/dietaryguidelines>.