



## Have a Cow Over These 10 Dairy-Good Health Benefits

Dairy truly does the body good. Check out the top 10 reasons to get your three servings every day:

1

### Best Bones

Dairy foods' essential nutrients – including calcium, vitamin D, potassium and protein – help build strong bones and keep them strong for a lifetime.



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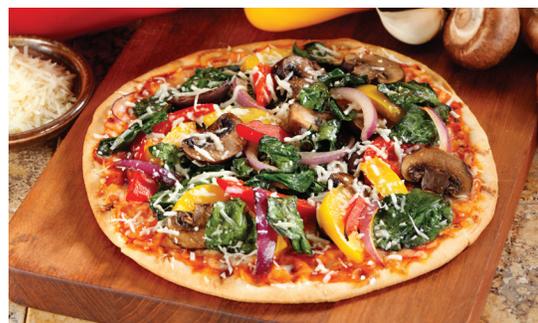
### Better Digestion

Yogurt can contain probiotics that promote regularity and help with other tummy troubles.

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### Blood Pressure Control

A trio of nutrients – potassium, calcium and magnesium – in dairy foods can help lower your blood pressure.



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### Diabetes Prevention

Healthy fats, proteins and essential nutrients in dairy foods can help control your blood sugar and help prevent obesity; yogurt's probiotics keep cholesterol numbers in check – and all of these benefits reduce your risk of Type 2 diabetes.

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### Healthy Teeth and Gums

Dairy foods contain casein and calcium that act like a toothbrush to help reduce dental cavities. Yogurt's probiotics also help prevent gum disease.

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### Muscle Growth

Dairy foods' high-quality proteins stimulate muscle growth, which isn't just important for athletes; it's crucial to everyone at every age.



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### Vitamin D-Lightful

Milk is fortified with this essential nutrient that plays many roles in the body, including bone building, cell growth and immune function. It also prevents inflammation!



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### Muscle Recovery

Need a post-workout snack? Choose nature's sports drink. Chocolate milk has the ideal protein-to-carbohydrate ratio to aid in the recovery process.

10

### Sound Sleep

It's true that a warm glass of milk could help you get a better night's sleep. Calcium and tryptophan in milk work together to make you feel sleepy and calm.

8

### Essential Element

One of dairy's hidden gems is iodine, which helps regulate your metabolism and has a role in both brain and bone development during pregnancy.



**David Grotto, RD, LDN**, has nearly 30 years of experience in nutrition, from owning his own natural-food store to hosting radio and television shows; founding Chicago consulting firm Nutrition Housecall, LLC.; and authoring several books.



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