

Dairy

All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group.

NEW MyPLATE HIGHLIGHTS DAIRY AS AN ESSENTIAL PART OF EVERY MEAL

The shape may have shifted from pyramid to plate, but the message remains the same: dairy is an important part of the daily diet, for adults and children alike. The USDA's new MyPlate education tool provides a clear visual message that a healthy diet is comprised of a variety of nutrient-rich foods, including low-fat and fat-free milk, cheese and yogurt. To learn more visit choosemyplate.gov.



» Leading the way in discovering dairy.
WWW.DAIRYMAX.ORG

Filling Your Plate The Dietary Guidelines Way

Follow the Dietary Guidelines for Americans with the foods you enjoy.

This simple meal plan provides a flexible and realistic way to get the most nutrition for your calories by focusing on nutrient-dense foods and beverages such as low-fat or fat-free milk and milk products, fruits, vegetables, lean protein, and whole grains.

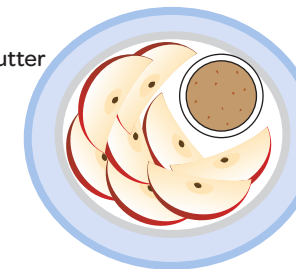
BREAKFAST: Jump Start the Day Parfait

- 1 cup fat-free yogurt
- 1 cup sliced strawberries
- 1/2 cup low-fat granola



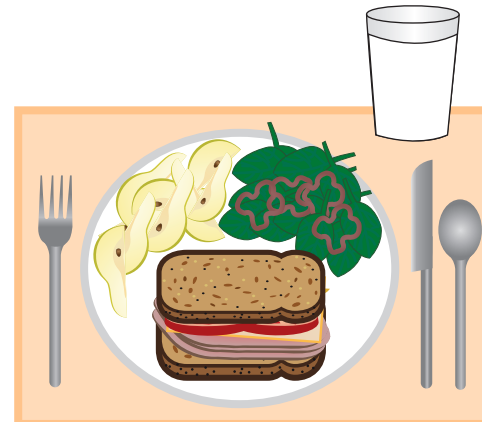
MORNING SNACK: Apple Dippers with Peanut Butter

- 1 small apple, sliced
- 2 tablespoons peanut butter



LUNCH: Hearty Roast Beef Sandwich

- 2 slices 100% whole-grain bread
- 3 oz. lean roast beef
- 1.5 oz. low-fat Colby cheese
- 2 slices tomato
- 1 teaspoon stone-ground mustard



Side Salad

- 2 cups spinach leaves
- 1/2 cup red pepper slices
- 2 tablespoons balsamic vinaigrette

Pear Slices

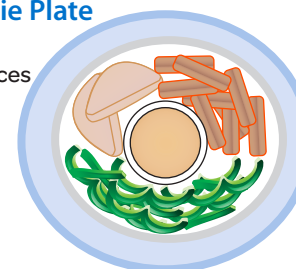
- 1 medium pear, sliced

Fat-free Milk

- 1 cup fat-free milk

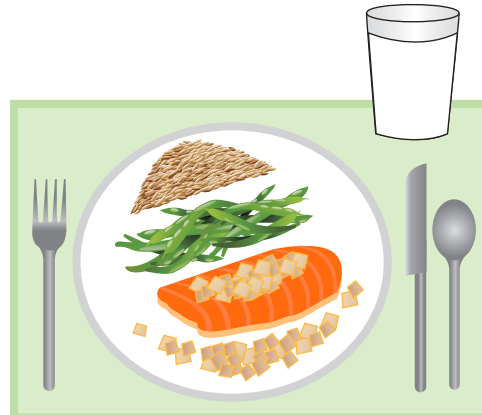
AFTERNOON SNACK: Hummus and Veggie Plate

- 1/2 cup baby carrots
- 1/2 cup green pepper slices
- 1/2 small pita
- 1/4 cup hummus



DINNER: Salmon with Fruit Salsa

- 3 oz. salmon
- 1/2 cup diced pineapple
- 1/2 cup diced mango



Sauteed Green Beans

- 1/2 cup green beans
- 1 teaspoon olive oil

Rice

- 1 cup cooked rice

Fat-free Milk

- 1 cup fat-free milk

2013 calories, 288 g carbohydrate, 110 g protein, 5% calories from sat fat, 143 mg cholesterol, 1928 mg sodium, 39 g fiber. It also provides 4 c. low-fat or fat-free milk and milk products; 4 c. fruit; 3 c. vegetables; 6 oz. grains (3 oz. whole grains); and 10 oz. protein (3 oz. seafood). This meal plan was developed to reach a recommendation of less than 2,300 mg. of sodium.

Source: Dayle Hayes, MS, RD; Chair of the School Nutrition Services Dietetic Practice Group of the American Dietetic Association Nutritional totals determined with The Food Processor® SQL. ESHA Research, Inc. 2010. Volume 10.7



NATIONAL DAIRY COUNCIL

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For illustrative purposes

Milk Packs A Nutrient Punch

Dairy food consumption is associated with overall diet quality and nutrient adequacy^{1,2,3}, and removing dairy foods from the diet can have a negative impact on nutrient intake⁴. Consuming 3 daily servings of milk, cheese or yogurt is an easy way to get a variety of nutrients important for building strong bones and healthy bodies.

Nutrient	Amount of nutrients found in 3 cups of fat-free milk ⁷ (percent Daily Value ^{**})	Approx. amount of non-dairy food source to get about the same nutrient level ⁷
Calcium	= 90% DV	30 cups raw spinach
Potassium	= 33% DV	3 small bananas
Phosphorus	= 74% DV	3 1/2 cups canned kidney beans
Protein	= 50% DV	1/2 chicken breast (95 g)
Vitamin A	= 30% DV	6 large hard boiled eggs
Vitamin D	= 86% DV	1.5 ounces canned salmon with bone
Vitamin B12	= 61% DV	4.5 ounces canned tuna
Riboflavin	= 79% DV	1 cup whole almonds
Magnesium	= 20% DV	1/2 cup cooked soybeans

Sources:
 1Ballew C, Kuester S, Gillespie C. Beverage choices affect adequacy of children's nutrient intakes. Archives of Pediatrics and Adolescent Medicine 154: 1148-1152, 2000.
 2Weinberg LG, Berner LA, Groves JE. Nutrient contributions of dairy foods in the United States food supply. Journal of the American Dietetic Association 104: 895-902, 2004.
 3Ranganathan R, Nicklas TA, Yang S-J, Berenson GS. The nutritional impact of dairy product consumption on dietary intakes of adults (1995-1996): The Bogalusa Heart Study. Journal of the American Dietetic Association 105: 1391-1400, 2005.
 4The Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010; Available from: <http://www.cnpp.usda.gov/DGAs2010-DGACReport.htm>