



Vegetables

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed.

Fruits

Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

Grains

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

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.

Protein

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group.



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

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.



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.



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

BREAKFAST: Jump Start the Day Parfait

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



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

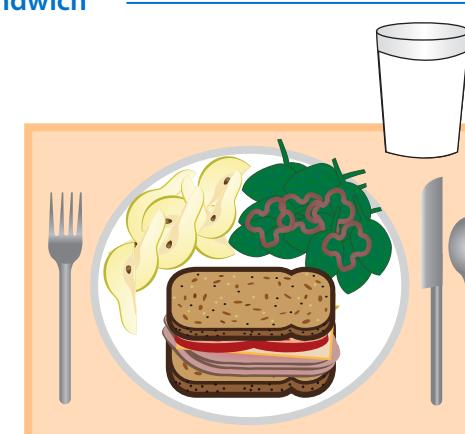
2 cups spinach leaves
1/2 cup red pepper slices
2 tablespoons balsamic vinaigrette

Pear Slices

1 medium pear, sliced

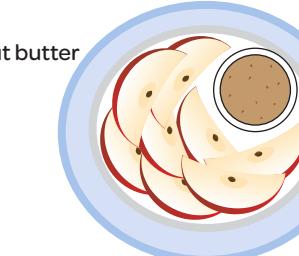
Fat-free Milk

1 cup fat-free milk



MORNING SNACK: Apple Dippers with Peanut Butter

1 small apple, sliced
2 tablespoons peanut butter



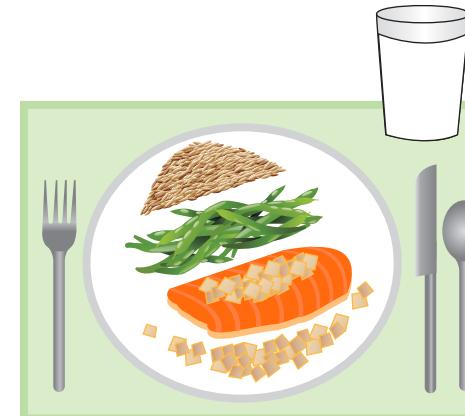
DINNER: Salmon with Fruit Salsa

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

Sautéed Green Beans
1/2 cup green beans
1 teaspoon olive oil

Rice
1 cup cooked rice

Fat-free Milk
1 cup fat-free milk



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	
Potassium	= 33%DV	
Phosphorus	= 74%DV	
Protein	= 50%DV	
Vitamin A	= 30%DV	
Vitamin D	= 86%DV	
Vitamin B12	= 61%DV	
Riboflavin	= 79%DV	
Magnesium	= 20%DV	

Sources:

1Balew 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>

