






CALCIUM

| | | |
|---|--|---------------------------|
|  | Helps build and maintain strong bones and teeth, supports tissue growth. | 25% DAILY VALUE |
|---|--|---------------------------|


PROTEIN

| | | |
|---|---------------------------------------|---------------------------|
|  | Helps build and repair muscle tissue. | 16% DAILY VALUE |
|---|---------------------------------------|---------------------------|


VITAMIN D

| | | |
|---|--|---------------------------|
|  | Helps build and maintain strong bones and teeth. | 15% DAILY VALUE |
|---|--|---------------------------|


PHOSPHORUS

| | | |
|---|--|---------------------------|
|  | Helps build and maintain strong bones and teeth, supports tissue growth. | 20% DAILY VALUE |
|---|--|---------------------------|


VITAMIN A

| | | |
|---|--|---------------------------|
|  | Helps keep skin and eyes healthy and helps promote growth. | 15% DAILY VALUE |
|---|--|---------------------------|


RIBOFLAVIN

| | | |
|---|---|---------------------------|
|  | Helps your body use carbohydrates, fats and protein for fuel. | 35% DAILY VALUE |
|---|---|---------------------------|


VITAMIN B12

| | | |
|---|---|---------------------------|
|  | Helps with normal blood function and helps keep the nervous system healthy. | 50% DAILY VALUE |
|---|---|---------------------------|

PANTOTHENIC ACID

| | | |
|---|---|---------------------------|
|  | Helps your body use carbohydrates, fats and protein for fuel. | 20% DAILY VALUE |
|---|---|---------------------------|

NIACIN

| | | |
|---|--|---------------------------|
|  | Used in energy metabolism in the body. | 10% DAILY VALUE |
|---|--|---------------------------|

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. Two thousand calories a day is used for general nutrition advice.



DairyDiscoveryZone.com
#DairyAmazing

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Sources: U.S. Department of Agriculture, Agricultural Research Service. 2016. USDA National Nutrient Database for Standard Reference, Release 28. Nutrient Data Laboratory Home Page, <http://www.ars.usda.gov/nutrientdata>; Low moisture, part skim mozzarella (#101029)

Put It into Practice

OVERNIGHT OATS

Prep 5 min. **Cook** 0 min. **Servings** 1

Ingredients

- $\frac{1}{3}$ cup old-fashioned oats
- 2 tablespoons dried sweetened cranberries or raisins
- $\frac{2}{3}$ cup fat-free milk
- 1 tablespoon chopped pecans
- Dash of cinnamon
- Brown sugar or honey, if desired

Instructions

Layer ingredients in a jar. Cover and refrigerate at least 8 hours but no longer than 3 days before eating.

Other Great Add-ins

- Chopped dried apricots, orange zest and walnuts
- Dried blueberries and sliced almonds
- Fresh pomegranate seeds, berries, sliced apple and bananas
- Toasted coconut
- Chai latte mix (add a generous dash):
 - 1 teaspoon ground cardamom
 - 1 teaspoon allspice
 - 2 teaspoon ground cinnamon
 - 1 teaspoon ground clove
 - 3 teaspoon ground ginger

Nutrition Facts

per serving

| | | | |
|---------------|------|----------------|--------|
| Calories: | 283 | Saturated fat: | <1 g |
| Protein: | 9 g | Cholesterol: | 3 mg |
| Carbohydrate: | 50 g | Calcium: | 21% DV |
| Fiber: | 5 g | Sodium: | 73 mg |
| Total Fat: | 7 g | | |