

# Determined to Lose Weight?

## Eating Yogurt, Other Lowfat Dairy Foods May Help

(NAPSA)—There's good news for dieters. Simply eating an extra cup of lowfat yogurt or drinking more lowfat milk may help you lose weight while on a reduced-calorie diet. How? Recent studies show that calcium in dairy foods causes fat cells to make less fat and turns on the machinery to breakdown fat.

Michael Zemel, Ph.D., chairman of the department of nutrition and director of the Nutrition Institute, University of Tennessee, has spearheaded his research team's studies on how eating dairy foods affects body weight. His team discovered that eating lowfat dairy foods each day, such as yogurt and milk, may help control body fat. Findings from Zemel's most recent study, which was done using Yoplait yogurt, were presented last fall at the North American Association for the Study of Obesity (NAASO) annual meeting in Quebec.

Zemel recommends consuming 1,200 to 1,600 mg of calcium daily, which can be obtained by eating a healthy diet that includes three to four servings of lowfat dairy foods. This level of calcium intake is slightly more than the recommended Daily Value for calcium.

Unfortunately, most women and men don't consume as much calcium as they need. On average, women typically consume about 600 mg of calcium per day and men consume a little more than 700 mg per day, according to a Dietary Intake Research Study conducted by General Mills Bell Institute of Health and Nutrition.

"People who are trying to lose weight need to know that there are certain foods, such as lowfat dairy products, that may help them control their weight," said Susan J. Crockett, Ph.D., R.D., director of the Bell Institute. "Adding three to four servings of lowfat dairy products to a healthy, reduced-calorie diet may improve weight loss efforts. This can be as simple as drinking lowfat milk at lunch and dinner and having a cup of Yoplait® yogurt for a snack," said Crockett.



**Adding more lowfat dairy foods to a reduced-calorie diet may help you lose weight. A tasty way to add yogurt to your diet is with a refreshing fruit smoothie you blend up instantly.**

Following are some simple ideas for adding calcium to your diet:

- Blend yogurt and fruit pieces to make a thick, frothy smoothie.
- Stir in non-fat dry milk powder to soups, hot cereal, or cocoa.
- Make an easy trifle by layering angel food cake cubes, yogurt and fruit in a glass dish.
- Thin fruit-flavored yogurt with a few drops of milk and use as a fruit salad dressing.
- Pour fruit-flavored yogurt into 3-oz. paper cups and insert wooden sticks. Freeze for delicious frozen yogurt pops. Or simply buy yogurt in a tube and freeze to enjoy as a cool treat.
- Make a yogurt parfait by layering lowfat yogurt and your favorite fruit.
- Whip plain yogurt and shredded cheese into mashed potatoes.
- Make hot cocoa using lowfat milk.

For more health information and tips on adding calcium to your diet, visit [www.yoplait.com](http://www.yoplait.com).

### Calcium Content of Selected Dairy Foods

1 cup of skim milk	300 mg
6 oz. Yoplait® Yogurt	200-300 mg
1 ounce cheese	150-225 mg
½ cup lowfat cottage cheese	75 mg
¼ cup part-skim ricotta cheese	160 mg
½ cup ice cream or ice milk	100 mg

