

Nutrition News And Notes

Easy Ways To Add Dairy To Your Diet

(NAPS)—Eating refrigerated dairy foods can be a delicious and convenient way to boost the amount of nutrients in your diet.

Foods in the dairy group supply most of the calcium we need to consume, as well as provide protein, phosphorus, potassium, vitamins A, D, B12 and riboflavin. It is well known that calcium plays a major role in maintaining good health—studies and research have shown calcium can help to increase bone density, decreasing chances of developing osteoporosis later in life. Calcium can help to lower blood pressure and reduce the risk of hypertension as well. Recent findings even show calcium and dairy foods in general can help in weight loss and maintenance.

Unfortunately, the USDA reports that nine out of 10 women, seven out of 10 men, and more than half of children fail to meet the recommended daily calcium requirements. Adults need two to three dairy servings daily; children ages 1 to 3 need two; ages 4 to 8 need three, and ages 9 to 18 need four servings daily. Try these serving suggestions to help meet your calcium requirements (each suggestion equals one serving of dairy):



- 1 cup milk
- 1 cup yogurt
- 1½ ounces natural cheese (cheddar, Swiss, etc.)
- 2 ounces processed cheese (American slices)
- 1 cup pudding
- ½ cup ricotta cheese
- 2 cups cottage cheese



This yogurt delight can help you meet your daily calcium requirement.

- 1 cup frozen yogurt
- 1½ cups ice cream.

Here is a delicious breakfast or snack recipe that will delight those trying to fill their daily calcium requirements.

Yogurt Berry Crunch

6-oz. carton light vanilla yogurt

¼ cup low-fat granola

½ cup berries (blueberries, raspberries, strawberries)

Layer yogurt, granola and berries. Serves 1. Substitute your favorite yogurt flavor and other seasonal fruits.

The National Frozen & Refrigerated Foods Association is celebrating Dairy Month with a \$10,000 Sweepstakes. For contest dates, official rules and entry form, visit www.EasyHomeMeals.com.