

Build Healthier Families With A Dairy-Rich Diet



A sweet smoothie made with fresh fruits and soy or low-fat milk provides a nutritional boost to your family's diet.

(NAPSA)—Eating dairy foods can be a convenient way to give your family a delicious, nutritional boost.

Dairy foods supply most of the calcium that is needed in the diet, and calcium can mean stronger bones and a lower risk for osteoporosis later in life. Calcium can also help lower blood pressure. Calcium and dairy foods may even help with weight loss and maintenance. It doesn't stop with the calcium; dairy foods also pack quite a vitamin punch with vitamins A, D, B12 and riboflavin, and many dairy-soy products provide additional healthy proteins without adding cholesterol to your diet.

As for kids, researchers say low-fat or fat-free milk products actually provide three of the five "nutrients of concern" that kids may not be getting enough of. Unfortunately, the USDA reports that more than half the kids in America are getting less than the recommended amount of calcium each day.

Adults need two to three servings of dairy daily, children age 1 to 3 need two servings, ages 4 to 8

need three servings, and ages 9 to 18 need four servings.

So cool off with this delicious and simple snack or for breakfast on rushed mornings.

Protein-Rich Strawberry-Banana Smoothie *2 servings*

- 1 cup soy or low-fat milk**
- ½ cup apple juice**
- 1 container (6 oz.) fat-free vanilla yogurt**
- 1 medium banana**
- 1 cup frozen strawberries**

Add all ingredients to a blender or food processor. Cover and blend on high speed until smooth (approx. 30 seconds). Serve immediately.



For more recipes, information and a chance to win a \$10,000 sweepstakes, visit the

National Frozen and Refrigerated Foods Association at www.EasyHomeMeals.com.

Note to Editors: The National Frozen and Refrigerated Foods Association celebrates June as "Dairy Month" but your readers can benefit from this article at any time of year.