

Eating Dairy Foods the Healthy "Weigh"

Are you getting all the benefits of dairy foods? Enough to maintain beautiful bones and teeth? Enough to help maintain a healthy weight, to lower blood pressure and to reduce the risk of diabetes? Two to three servings a day is definitely the healthy "weigh" to go.

1. Drink MILK

A tall, cold glass of milk is the most refreshing way to close your calcium gap - and enjoy a long list of bodybuilding nutrients at the same time. For maximum nutrition and minimum fat, drink 1% or skim milk (labeled as low-fat or fat-free in your dairy case).

2. Eat YOGURT

There's a yogurt to suit every taste - from key lime pie and peach melba to plain and old-fashioned vanilla. Perfect for breakfast-on-the-run, high-octane snacks and cooking at home, yogurt now also comes as a drinkable beverage and shelf-stable yogurt-to-go.

3. Sprinkle on CHEESE

Natural hard cheese can be a nutrient-dense way to add flavor to food. Looking for tasty ways to minimize your fat intake? Use grated cheese with a strong flavor like Parmesan or Romano. Choose part-skim cheese like mozzarella or cheddar made with 2% milk.

4. Choose COTTAGE CHEESE

For real protein power, choose versatile, low-fat cottage cheese - perfect for cooked dishes like lasagna, blended in dips and salad dressings and combined with fruit for summer salads. Bone note - cottage cheese is not as high in calcium as some dairy foods.

5. Indulge in DAIRY DESSERTS

Cold, creamy and sweet - everyone screams for ice cream, especially in summer. Get wise to portion size (go for a single rather than a double) - and add nutrition with fresh fruit and a sprinkling of nuts. For less fat, go for low-fat varieties or for frozen yogurt.

6. Cook with POWDERED MILK

Dry milk is an easy, inexpensive and powerful way to pump nutrition into everyday cooking. Ways to use non-fat powdered milk are almost endless - casseroles, creamed soups (canned, dry and homemade), hot cereal (microwave or regular) and pudding.

