

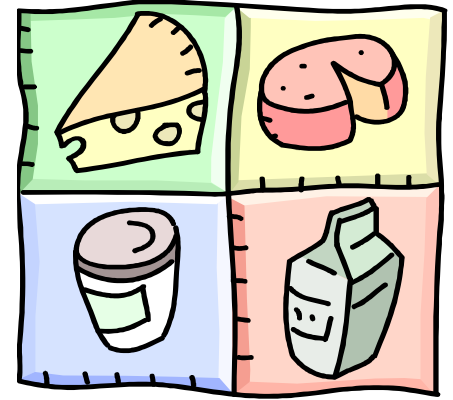
Mission Meltaway

Weekly Newsletter

March 12, 2009 / Week 2

Get Your Dairy Dose!

Our goal is to get 3 servings of dairy products each day. Wow that sounds like a lot, how are we going to do it? First let's make sure we are using skim or 1% milk and low-fat or non-fat dairy products such as yogurts, cheeses and cottage cheese.



Here are some ideas:

- Drink milk as a beverage with your meals.
- Make fruit & yogurt smoothies in your blender.
- Make dips for fruits and vegetables from yogurt or cottage cheese.
- Use milk instead of water to prepare oatmeal, hot cereals and hot chocolate.
- Use milk in your coffee and tea instead of half & half.

Some research shows that increased consumption of dairy foods as part of a reduced-calorie diet may help promote weight loss!

Blender Breakfast



8-ounce plain fat-free yogurt (80 calories)

1 small ripe banana (90 calories)

½ cup sliced fresh strawberries or frozen strawberries (25 calories)

½ cup fresh berries or frozen mixed berries (40 calories)

In a blender, combine all ingredients; cover and puree until smooth.

Makes 2 servings with 118 calories per serving.

Did you know...?

Many people with lactose intolerance can drink up to one cup of milk per meal without any symptoms?

Other tips to help with lactose intolerance include:

- Trying aged cheeses like Cheddar and Swiss. They are low in lactose.
- Eat yogurt with active cultures, it helps to digest lactose.
- Enjoy lactose-free milk and other lactose-free products.

For more information on dairy check out these websites:

www.eatright.org and www.3aday.org