

DAIRY MAKES SENSE

Milk

FACTS AND TIPS

Did you
know?

- Milk, white or flavored, delivers nine essential nutrients; including calcium, potassium and vitamin D.
- The 2010 Dietary Guidelines recommends three servings of low-fat or fat-free milk every day.
- The carbohydrates and protein in milk make it a smart beverage for athletes.



MIX IT UP WITH MILK

Blend a cup of low-fat milk with frozen berries and a teaspoon of chocolate syrup.

Microwave a cup of low-fat chocolate milk for instant hot chocolate.

Mix low-fat strawberry milk with strawberry slices; freeze in a popsicle container.

Lactose Intolerant?

TRY LACTOSE-FREE MILK!

It is real cow's milk,
only without the lactose.

WHAT IS A SERVING SIZE



OF MILK?

8 OUNCES

MAKE IT BETTER WITH MILK

- Stir up a bowl of instant or old-fashioned oatmeal with milk instead of water.
- Use milk instead of water when preparing canned or package soups.
- Use milk instead of water when preparing instant mashed potatoes, rice or stuffing.

FROSTY ORANGE BANANA SIPPER

Servings: 1

1 medium banana, peeled, chunked and frozen

3 ounces frozen orange juice concentrate

1 cup low-fat milk
(set in freezer 30 minutes before using)

1 6-ounce container low-fat vanilla yogurt

Combine all ingredients in a blender; blend until smooth and creamy. Pour into glass and enjoy.



This recipe and other dairy delicious recipes can be found at

MidwestDairy.com



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