

Benefits of Choosing Dairy

Health Benefits

- Improves bone health
- Reduces the risk of osteoporosis
- Important during childhood because bones are being built
- Lowers the risk of cardiovascular disease, type 2 diabetes, and high blood pressure



Sources of Dairy

- **Milk**
-Skim, 1%, 2%, whole, flavored
- **Milk-based desserts**
-Ice cream, puddings
- **Yogurt**
-All kinds
- **Cheese**
-Cheddar, Swiss, parmesan, mozzarella, ricotta, American

Daily Recommendations of Dairy Products

- 2-3 years old:
2 cups
- 4-8 years old:
2 1/2 cups
- 9 years old and up:
3 cups

Nutrients Found in Dairy Products

- **Calcium:** builds and maintains bones and teeth. Dairy products are the primary source of calcium in the American diet.
- **Potassium:** helps maintain healthy blood pressure.
- **Vitamin D:** Maintains levels of calcium and phosphorus, helping in bone health as well.

Importance of Low-fat and Fat-free Options

- Dairy foods high in saturated fats and cholesterol can cause health problems.
- Saturated fats raise LDL cholesterol amounts in the blood.
- High LDL cholesterol levels raise the risk for coronary heart disease.
- Many cheeses as well as whole milk and products made from them are high in saturated fat.
- To help keep blood cholesterol levels healthy, choose lower-fat options.