

5 DAIRY:

Healthy Choices To Offer Your Family

Wondering how to add more low-fat or non-fat dairy foods to your family's diet?

TRY THESE TIPS!

- 1 Include milk with meals**
 - Offer milk or calcium-fortified soymilk as a beverage at meals.
- 2 Switch gradually to non-fat or low-fat milk**

If you, or any of your children who are age 2 years or older, usually drink whole milk, switch gradually to non-fat milk, to lower saturated fat and calories. Try reduced fat (2%), then low-fat (1%), and finally non-fat (skim).
- 3 Add non-fat or low-fat milk to semi-homemade foods**
 - Add non-fat or low-fat milk instead of water to oatmeal and hot cereals.
 - For dessert, make pudding with low-fat or non-fat milk.
 - Use low-fat or non-fat milk when making condensed cream soups (such as cream of tomato).
- 4 Use yogurt**
 - Have low-fat or non-fat yogurt as a snack.
 - Make a dip for fruits or vegetables from low-fat yogurt.
 - Make fruit-yogurt smoothies in the blender.
 - Try cut-up fruit with flavored low-fat yogurt for a quick dessert.
- 5 Keep it safe!**
 - Avoid raw (unpasteurized) milk or any products made from unpasteurized milk.
 - Refrigerate or freeze dairy products as soon as possible.
 - Discard dairy products if they have been left at temperatures between 40° and 140°F for more than two hours, even though they may look and smell good.





LESSON:
**BUILD STRONG
KIDS WITH
DAIRY FOODS**

Take This Lesson to Learn:

- Portions sizes by age
- Smoothie recipes
- Tips to safely take dairy foods on-the-go

To Get Started:

- Visit wichealth.org
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category: **Choosing Healthy Foods**
- Choose the lesson: **Build Strong Kids With Dairy Foods**

RECIPE IDEA
AVOCADO MILKSHAKE

Prep Time: **10 minutes**
Servings: **2**

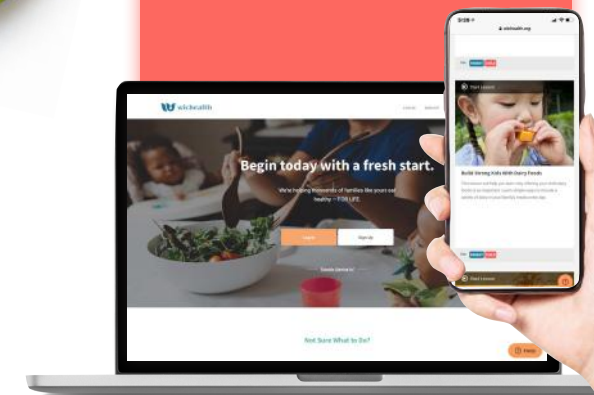
INGREDIENTS

- 1 avocado
- 1 tablespoon juiced limes
- 2 cups low-fat milk
- 1 teaspoon vanilla extract
- 1 pinch salt
- 4 teaspoons sugar



DIRECTIONS

- Step 1** Wash prep area, your hands, and the avocado and lime.
- Step 2** Open the avocado, remove the seed, scoop out the flesh. Place in blender.
- Step 3** Cut open the lime and squeeze the juice into the blender. Add the rest of the ingredients.
- Step 4** Blend until smooth and serve immediately.



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