



Lesson #7 Take Home

Dairy, Calcium & Vitamin D

Dear Parents,

The 2010 Dietary Guidelines for Americans stresses the importance of increasing daily intake of low fat or fat free dairy products. It is important for both children and adults to consume three 8 oz. servings of low-fat dairy per day in order to maintain adequate levels of vital nutrients, such as calcium, potassium and vitamin D. The chart below outlines the nutrient equivalents that three servings of dairy per day provide.

Nutritional Benefits of Dairy

Nutrient	% Daily Value of nutrient found in 3 cups of milk	Amount of non-dairy food source needed to meet nutrient level
Calcium	90% DV	21 cups of broccoli
Vitamin D	75% DV	4 ounces of salmon
Potassium	33% DV	3 bananas
Magnesium	24% DV	3 cups of spinach
Vitamin A	30% DV	6 carrots
Phosphorous	60% DV	3 cups of kidney beans
Protein	48% DV	3 ounces of chicken
Vitamin B12	39% DV	3 ounces of cooked fish
Riboflavin	72% DV	1 cup of almonds

Tasty Dairy Snacks Ideas:

- Stick your favorite portable yogurt in the freezer for a fun, refreshing snack
- Try low-fat cheddar or cheese sticks with fruit
- Blend a dairy-filled smoothie with milk, yogurt and your favorite frozen fruit
Make a purple cow! Blend 2 cups low-fat vanilla ice cream with $\frac{1}{4}$ cup grape juice and 1 cup low-fat milk
- Have a glass of milk with lunch or dinner instead of juice or soda
- Grab a drinkable yogurt or fat-free flavored milk for a dairy snack on the go
- Try low-fat pudding or low-fat frozen yogurt for dessert

