

30 DAYS OF DAIRY

Three daily servings of low-fat or fat-free milk and milk products every day as part of a healthy, balanced diet:

- ✓ Deliver important nutrients for a healthy body
- ✓ Help promote bone health
- ✓ Has been associated with reduced risk of certain diseases¹

It is recommended that people 9 years and older consume 3 servings of low-fat or fat-free dairy every day. However, on average, people are consuming only about 2 servings of dairy a day.¹ Here are 30 ways to incorporate more dairy into your diet.

One serving of dairy is: 1 cup (8 oz) of low-fat or fat-free milk, 1 cup (8 oz) low-fat or fat-free yogurt, 1.5 ounces reduced-fat natural cheese (e.g. Cheddar), 2 ounces reduced-fat processed cheese (e.g. American), 1/3 cup reduced-fat shredded cheese.²

BREAKFAST



It's known as the most important meal of the day. Start the day off right with a breakfast that includes dairy.

- **Breakfast Sandwich** – toast a whole-wheat English muffin and top with an egg and reduced-fat cheese slice.
- **Quick Smoothie** – get out the blender and mix a splash of fruit juice, frozen fruit, low-fat or fat-free yogurt and a few ice cubes.
- **Morning Mocha** – mix a cup of low-fat chocolate milk with a teaspoon of instant coffee.
- **Swap It** – substitute low-fat or fat-free milk for water when preparing oatmeal, hot chocolate or pancakes.
- **Cheddar and Mushroom Breakfast Squares** – a great weekend breakfast (see recipe on next page).
- **Yogurt Parfait** – top low-fat or fat-free yogurt with fruit slices and granola.
- **Meal On-The-Go** – grab a banana with peanut butter and a cup of low-fat or fat-free milk.

LUNCH



Try these lunch tips to get more dairy at mid-day and help you get through the afternoon.

- **Gourmet Grilled Cheese** – start with the basics (whole-wheat bread, reduced-fat American cheese) and add avocado and tomato.
- **Pizza Pita** – top a whole-grain pita with pizza sauce, reduced-fat shredded cheese and your favorite toppings.
- **Fiesta Tortilla** – roll up your favorite toppings in a whole-grain tortilla with reduced-fat cheese. Oh, what to choose? Salsa, lean meats, avocado, pepper, onions...
- **Chicken Melt** – melt a slice of reduced-fat Colby Jack cheese over chicken on an English muffin.
- **Sandwich Heaven** – choose multi-grain bread, spread on mustard and fill it with lean meats (such as turkey breast or roast beef), reduced-fat cheese, tomatoes and veggies.
- **Quick Combo** – have a glass of low-fat or fat-free milk with a favorite sandwich and piece of fruit and/or vegetables.
- **Super Spud** – try a baked potato with low-fat plain yogurt, reduced-fat shredded cheese, black pepper and your favorite steamed veggies.

SNACKS



Snacks can help boost your energy between meals.

- **Fun and Kid-Friendly** – wrap pretzel rods with reduced-fat Cheddar cheese.
- **Chocolate Banana Milkshake** – blend a cup of low-fat chocolate milk, a banana and ice cubes.
- **Pack It** – low-fat or reduced-fat string cheese is quick, portable and fun.
- **Strawberry Frozen Yogurt Squares** – a welcome warm-weather treat (see recipe on next page).
- **Baked Spinach Artichoke Yogurt Dip** – an appetizer everyone will love (see recipe on next page).
- **Dip It** – cut up pieces of fruit and include low-fat or fat-free vanilla yogurt as a tasty dip.
- **Chocolate Craving** – enjoy an ice-cold glass of low-fat or fat-free chocolate milk.
- **Yogurt-sicles** – pour low-fat yogurt into small paper cups, insert small wooden sticks and freeze.
- **Fruit-and-Cheese Kabobs** – alternate slices of apple and reduced-fat cheese cubes on small wooden skewers.

DINNER



Dinner is a great time to reconnect as a family.

- **Cheesy Chicken Crunchers** – family-friendly and delicious (see recipe on next page).
- **Side Salad** – top a tossed salad with reduced-fat zesty Parmesan or creamy mozzarella.
- **Make Your Own Pizza Party** – use whole-wheat crust and top with pizza sauce, part-skim mozzarella cheese and veggies.
- **Garden Pasta Salad** – combine cooked whole-wheat pasta, reduced-fat Cheddar cheese cubes, fresh chopped veggies and low-fat Italian dressing.
- **Amped Up Veggies** – melt reduced-fat cheese on broccoli, cauliflower, carrots or peas.
- **Sweet Ending** – top angel food cake with low-fat cherry or vanilla yogurt.
- **Visit www.nationaldairyCouncil.org/recipes** for more great dinner recipes that include delicious dairy.

¹ U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans*, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, January 2011.

² U.S. Department of Agriculture, Center for Nutrition Policy and Promotion. *Choose MyPlate*. 2011. Internet: http://www.choosemyplate.gov/foodgroups/dairy_counts.html. (accessed 2 June 2011).



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Cheddar and Mushroom Breakfast Squares

Makes 9 Servings Prep Time: 20 min Cook Time: 60 min

Ingredients

- 2 teaspoons butter
- 2 cups sliced white button mushrooms
- 1/2 cup sliced green onion, including green tops
- 6 slices country-style whole-grain bread, cubed
- 2 cups shredded, reduced-fat Cheddar cheese
- 2 cups fat-free or low-fat milk
- 2 cups egg substitute
- 1 teaspoon red or green hot pepper sauce



Spray an 8 x 8-inch square glass or ceramic baking dish with cooking spray; set aside.

In a medium skillet over medium heat, melt butter and add mushrooms. Cook mushrooms about 5 minutes or until softened and brown at edges. Stir in green onion; set aside. Place 1/2 of the bread cubes in prepared baking dish. Scatter 1/2 of the mushroom mixture and 1/2 of the cheese over bread cubes. Layer remaining bread cubes and mushroom mixture; set aside.

In a large bowl, beat milk, egg substitute and pepper sauce until well blended. Pour milk mixture over bread cubes and top with the remaining cheese. Make ahead suggestion: cover dish with foil and refrigerate for 8-10 hours before baking.

Preheat oven to 350 degrees Fahrenheit. Bake, covered for 45 minutes. Remove foil and bake an additional 15 minutes or until top is puffed up and cheese is browned at edges. Let cool for 5 minutes; cut into squares to serve. Note: Create your own variations by using other vegetables.

Recipe created by 3-Every-Day™ of Dairy.

Nutritional Facts: 210 Calories, 8g Fat, 4.5 g Saturated Fat, 20 mg Cholesterol, 310 mg Sodium, 17 g Protein, 18 g Carbohydrates, 1 g Dietary Fiber, 30% Daily Value Calcium

Baked Spinach Artichoke Yogurt Dip

Makes 8 Servings Prep Time: 10 min Cook Time: 20 min

Ingredients

- 1 (14-ounce) can artichoke hearts, drained and chopped
- 1 (10-ounce) package frozen chopped spinach, thawed and drained
- 1 (8-ounce) container low-fat plain yogurt
- 1 cup shredded part-skim, low-moisture mozzarella cheese
- 1/4 cup chopped green onion
- 1 garlic clove, minced
- 2 tablespoons chopped red pepper



Combine all ingredients except red pepper and mix well. Pour mixture into 1-quart casserole dish or 9-inch pie plate. Bake at 350 degrees Fahrenheit for 20-25 minutes, or until heated through, and sprinkle with red peppers. Serve with toasted whole-grain bread or crackers.

Recipe created by 3-Every-Day™ of Dairy.

Nutritional Facts: 80 Calories, 3 g Fat, 2 g Saturated Fat, 10 mg Cholesterol, 220 mg Sodium, 8 g Protein, 7 g Carbohydrates, 1 g Dietary Fiber, 20% Daily Value Calcium

Cheesy Chicken Crunchers

Makes 6 Servings Prep Time: 30 min Cook Time: 25 min

Ingredients

- 1 cup all-purpose flour
- 4 egg whites
- 1/2 cup reduced-fat milk
- 1 1/2 cups cornflakes
- 1 cup reduced-fat, shredded Cheddar cheese
- 6 chicken breast filets; cut into strips



Preheat oven to 375 degrees Fahrenheit. Set up three bowls with the following: 1) flour; 2) an egg-wash; made by beating the eggs and milk together; 3) cornflakes mixed with cheese.

Coat a 13 x 9-inch baking pan with non-stick cooking spray. Dip chicken pieces in flour, then into the egg-wash, then roll in the cheesy-flakes mixture, coating the entire piece of chicken, and place on the baking pan. Discard any unused cornflake mixture after coating chicken. Bake for 25 minutes, turning halfway through to ensure even browning. Serve with ketchup or BBQ sauce, if desired.

Recipe created by Chef Jon Ashton of Orlando, Florida

Nutritional Facts: 320 Calories, 8 g Fat, 4 g Saturated Fat, 90 mg Cholesterol, 320 mg Sodium, 37 g Protein, 24 g Carbohydrates, 1 g Dietary Fiber, 20% Daily Value Calcium

Strawberry Frozen Yogurt Squares

Makes 9 Servings Prep Time: 10 min Freezer time: 8 hours

Ingredients

- 1 cup crunchy wheat and barley cereal
- 3 cups fat-free strawberry yogurt
- 1 (10-ounce) bag frozen unsweetened strawberries (about 2 1/2 cups)
- 1 cup fat-free sweetened condensed milk
- 1 cup light or fat-free whipped topping (optional)



Line an 8x8-inch baking pan with foil. Sprinkle cereal evenly on the bottom of the pan; set aside.

Place yogurt, strawberries and condensed milk in a blender; cover and blend until smooth. Pour the mixture over top of cereal, gently smoothing yogurt mixture to edges of pan. Cover with foil (or plastic wrap) and freeze for 8 hours or until firm. Use edges of foil to loosen and remove from pan; let recipe thaw for 5 to 10 minutes. Cut into squares, top with whipped topping, if desired, and serve.

Storage tip: Squares may be individually wrapped and frozen for single servings.

Note: Create your own variations by using other flavor combinations of yogurt and fruit.

Recipe created by 3-Every-Day™ of Dairy.

Nutritional Facts: 200 Calories, 0 g Fat, 0 g Saturated Fat, 5 mg Cholesterol, 150 mg Sodium, 7 g Protein, 42 g Carbohydrates, 2 g Dietary Fiber, 20% Daily Value Calcium



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