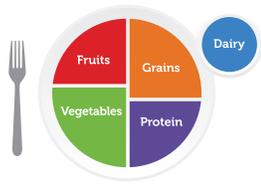


Start *simple*
with **MyPlate**



Move to Low-Fat or Fat-Free Dairy

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what dairy or fortified soy items to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Include dairy in the morning

Enjoy a bowl of unsweetened cereal with low-fat or fat-free dairy milk or soy beverage. Or, top plain low-fat or fat-free yogurt with a serving of fruit and nuts to include two more food groups.



Look for calcium sources

If you don't consume milk, look for calcium-fortified foods—some breads and orange juices, and soy products like tofu and soy yogurt. Some leafy green vegetables, like kale and collard greens, are also good sources of calcium.



Fit dairy into meals

Prepare oatmeal and canned condensed soups with low-fat or fat-free dairy milk or fortified soy beverage instead of water. Adding milk or soy beverage to smoothies, quiche, and mashed potatoes is another good idea.



Create your own dressing

Blend plain low-fat or fat-free dairy yogurt, lemon juice, and dried or fresh herbs such as basil and parsley for a salad dressing. This can also be a quick and healthy veggie dip.



Drink up!

Grab a glass of milk. A cup of low-fat or fat-free dairy milk or fortified soy beverage is an easy way to drink a healthy calcium snack.



Snack on homemade cheese spread

Blend low-fat ricotta cheese with herbs such as oregano and dill, and sprinkle on some chopped green onions. Serve with whole-grain crackers.