

Get on the Path to a Lifetime of Bone Health with 3-A-Day™ of Dairy
Give Your Family the Nutrients They Need to Build Strong Bones and Reduce the Risk of Osteoporosis

Enjoying 3-A-Day of Dairy – three servings of low-fat or fat-free milk, yogurt or reduced-fat cheese each day – is a deliciously easy way to ensure adequate intake of essential nutrients that can help build strong bones and reduce the risk of osteoporosis later in life. Help your family take simple steps to incorporate three servings of low-fat or fat-free dairy foods into their daily healthy eating plan with these tips:

Start Strong

Make breakfast matter and start the day off right by including low-fat or fat-free dairy in the first meal of the day:

- Blend low-fat strawberry milk with fresh banana slices for a morning fruit splash.
- Sprinkle reduced-fat Cheddar cheese on scrambled eggs.
- Layer granola, fresh fruit and low-fat or fat-free raspberry or vanilla yogurt for a yummy breakfast parfait.

Snack Smart

Help ensure kids get their 3-A-Day of Dairy by offering healthy, grab-and-go low-fat and fat-free dairy foods at school, at home and on the road:

- Divide large bags of mini pretzels, popcorn, nuts or trail mix into single-serve portions in small plastic, resealable bags and add three to four dice-sized reduced-fat Cheddar or Mozzarella cheese cubes – perfect for lunch bags or mess-free snacking in the car.
- Let kids take a dip and get a serving of dairy by dunking cut up vegetables in melted reduced-fat cheese or fruit slices in low-fat or fat-free yogurt.
- Get a grip on nutrition with low-fat single-serve milk in plastic bottles and different flavors – great for school and the carpool. A survey found that kids consumed more milk when it was served cold in plastic bottles and offered in a variety of flavors.¹

Family Dinners with Dairy

Tired of planning meals to fit everyone’s tastes and schedules? Here are some easy ways to please the whole family:

- Sprinkle dinnertime favorites, like soup or a baked potato, with your favorite reduced-fat shredded cheese for added flavor.
- Add low-fat or fat-free milk to marinara for a creamy red sauce – it’s a sure-to-please way to make pasta better and more nutritious.
- For a sweet ending to a long day, top angel food cake with low-fat or fat-free cherry or vanilla yogurt.

Role Model Moms

Studies show that when parents drink more milk, their children do, too. In other words, modeling healthy behaviors really does work!

- Kids aren’t the only ones who need an afternoon snack. Encourage everyone to take a “3 p.m. break” every day to tally daily dairy servings. If falling short, it’s a good time to work in another one. Add notes to lunches or post a dairy tracker (available at 3aday.org) on the fridge to remind the family.
- Set an example by making a habit of having a glass of low-fat or fat-free milk with dinner. Give your family options with low-fat chocolate or strawberry milk.
- When grocery shopping with your kids, together select items for school and work. For instance, low-fat drinkable yogurt in a variety of flavors provides a healthy pick-me-up at the office or after school.

To find more delicious 3-A-Day of Dairy ideas and tips for living a bone healthy life, visit 3aday.org.

¹ National Dairy Council and American School Food Service Association. The School Milk Pilot Test. Beverage Marketing Corporation and Roper ASW for NDC and AFSA, 2002. www.nationaldairyCouncil.org