



Nutrition News

JUNE 2022

"The Dairy Group includes milk, yogurt, cheese, lactose-free milk, and fortified soy milk and yogurt.

-MyPlate.gov



Why is Dairy Important?

- Dairy products contain Vitamin D and calcium that work together to prevent the onset of bone diseases.
- Dairy is a good source of protein, which helps to maintain muscle health.
- Opting for low-fat dairy products still provides all the health benefits without the high fat intake.

Dairy Recommendations

Women	19-30 yrs	3 cups
	31-59 yrs	3 cups
	60+ yrs	3 cups
Men	19-30 yrs	3 cups
	31-59 yrs	3 cups
	60+ yrs	3 cups

Nearly 90% of Americans aren't meeting their recommended dairy intake.

Apple Yogurt Smoothie

SERVES: 2



Recipe

- 1 medium frozen apple
- 2 cups of low-fat yogurt
- 1/2 cup of 100% juice
- 1 tbsp of honey
(can be substituted with a sugar alternative)

Directions

1. Put all the ingredients into a blender or food processor.
2. Blend until all ingredients are combined.
3. Serve into two cups and enjoy!