

# NEAT Fact Sheet

## Dairy

### "Get Your Calcium with Milk"

---

- **Foods in the Dairy Group**-any food made from milk or milk substitute.
- **Product examples**- Milk, chocolate milk, cheeses, yogurt, ice cream, pudding, soy milk
- **Major nutrients in dairy, and their health benefits:**
  - **Calcium**-Helps build strong bones and teeth
  - **Vitamin D**- Helps with calcium absorption
  - **Protein**- Builds and repairs muscle tissue
  - **Potassium**- Regulates fluid balance; maintains blood pressure and muscle activity
- **The 2005 Dietary Guidelines, FGP, and American Academy of Pediatrics encourage 3 daily servings of dairy foods in order to:**
  - Maintain healthy bones
  - Better nutrient intake- Milk consumption is associated with better overall diet quality
  - Provides key nutrients (calcium, potassium, and magnesium) which kids do not get enough of
- **Choosing low-fat or fat free milk products provide the above nutrients and benefits without the fat of whole milk products!**

