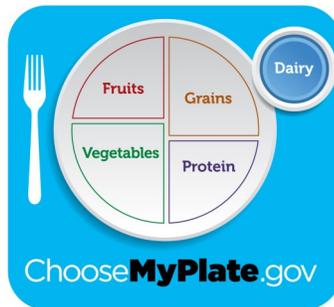


## What We Learned Today

### Dairylicious

Dairy foods include milk, yogurt, cheese, and cottage cheese. The benefits of these foods include providing the **protein, calcium, and vitamin D** needed to build strong bones and teeth.



During today's ChildcareAlive! activity, your child learned about the different foods in the dairy group.

### Choose Low-Fat and Fat-Free Dairy

Dairy foods, such as milk, yogurt, and cheese come in many varieties and flavors. But is skim milk better than 2%? Is Greek yogurt better than regular? It can be difficult to know what dairy foods are the best for you and your child.

Remember this: Non-fat or low-fat versions of dairy foods are generally the best choice (for children over the age of 2 years).

Here are examples of low-fat dairy options:

**Milk:** Skim or 1% (after age 2)

**Cheese:** Reduced-fat or fat-free (might say "Made With 2% Milk")

**Yogurt:** Low-fat or fat-free yogurt (preferably with less added sugar)

**Cottage Cheese:** Less than 2% milk fat

*All children ages 2-8 years old need 2-2½ cups of dairy foods per day. For more tips about consuming dairy foods, check out [www.choosemyplate.gov](http://www.choosemyplate.gov).*

### A Parfait Buffet

Today, we learned that dairy foods are made from milk. We made and tasted parfaits, which are great snacks made with yogurt, fruits, and a favorite crunchy cereal. Parfaits are a good way to include a variety of MyPlate Food Groups.



Try making parfaits at home. They make great breakfast meals or snacks. Encourage your child to pick his or her favorite fruit toppings or yogurt flavor.

#### Example Parfait Recipe:

Low-fat vanilla yogurt  
Diced fruit (strawberries, blueberries, raspberries)  
Granola (or other dry, crunchy cereal)

# Tips for Increasing Low-Fat Dairy

- Add fat-free or low-fat milk instead of water when making oatmeal and other hot cereals.
- Have fat-free or low-fat yogurt as a snack.
- Make a dip for fruits or vegetables from plain yogurt.
- Make fruit and yogurt smoothies.
- Top cut-up fruit with flavored yogurt for a quick dessert.
- If you drink cappuccinos or lattes, ask for them with fat-free (skim) milk.
- If you or your child cannot consume milk products, it is important to get calcium and vitamin D from other foods. Non-dairy foods that are good sources of calcium include calcium-fortified juices or cereals, almond milk, soy milk, beans, and leafy greens (such as kale).



## Quick & Healthy Dairylicious Recipes

### Peanut Butter Dip



**Ingredients:**  
1 cup vanilla yogurt  
¼ cup peanut butter  
2 Tbsp orange juice

**Directions:**  
Mix all ingredients together in a small bowl. Use as a dip for any fruit or vegetable, such as apples, bananas, or celery.

Source: North Dakota State University Extension Service, [www.ndsu.edu/eatsmart](http://www.ndsu.edu/eatsmart)

### Berry Banana Smoothie

**Ingredients:**  
3 cups skim milk  
1½ cups fat-free vanilla yogurt  
1½ cups frozen or fresh blueberries  
1 banana



**Directions:**  
Combine all ingredients in a blender; mix until smooth.  
Makes about 10 servings.

Source: North Dakota State University Extension Service, [www.ndsu.edu/eatsmart](http://www.ndsu.edu/eatsmart)

 For more recipe and activity ideas, Like ChildcareAlive! on Facebook.

Together with your child, write down some of your favorite dairy foods:

Choose one new dairy food to try this week: