

Quick Tips for Calcium in Your Diet

Below are some ways to add milk and milk products to your daily diet. Choose lower-fat versions if you are trying to lose weight or control your fat intake.

For Breakfast:

- Make your oatmeal with milk instead of water
- Spread ricotta cheese and honey or fruit preserves on your toast
- Put a crunch in your yogurt - wheat germ, granola, or crunchy cereal

For Lunch:

- Top sandwiches with a slice of cheese
- Finish your lunch with a glass of ice-cold milk
- Make soup with milk

For Snack:

- Sip on hot cocoa made with milk instead of tea
- Munch on fresh vegetables with a yogurt dip
- Enjoy yogurt or cottage cheese mixed with fresh fruit

For Dinner:

- Make scalloped potatoes with milk and cheese
- Add cheese to casseroles or a meat loaf
- Top vegetables with melted cheese

For Dessert:

- Enjoy pudding made with milk
- Munch on popcorn sprinkled with Parmesan cheese
- Top apple pie with a slice of cheese

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