



DAIRY COUNCIL[®]

OF

AZ & NV

arizonamilk.org
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30 WAYS TO CALCIUM



**milk,
yogurt &
cheese**

3 servings of
dairy/day will
meet your
calcium needs

MANAGE YOUR MILK

- Enjoy a glass of iced milk with cookies
- Improve your coffee by adding milk
- Sub milk for water in soup recipes
- Use milk to thicken casseroles & sauces
- Freeze milk & fruit in popsicle molds
- Elevate your tea by adding milk
- Add milk to your morning bowl of cereal or oatmeal
- Treat yourself and blend a milkshake with milk, ice cream, spices, and other flavors
- Enhance your instant hot chocolate by adding milk
- Recover from a workout with chocolate milk

YES TO YOGURT

- Stock your fridge with containers of yogurt
- Top a fruit salad with yogurt
- Create a veggie dip with plain yogurt & spices
- Sub yogurt for mayo in tuna or egg salads
- Blend fruit and yogurt to create a smoothie
- Up your pancake and waffle game by garnishing them with a dollop of yogurt
- Mix granola into yogurt for a breakfast treat
- Replace 1/2 cup plain fat-free yogurt for oil and eggs when making brownies from a mix
- Add plain yogurt to tacos or a taco salad
- Include a dollop of plain yogurt on soups, chilis, and stews for a creamy texture

CHERISH THE CHEESE

- Crunch on cheese & crackers
- Pan fry a cheese & veggie quesadilla
- Pair soup with a grilled cheese sandwich
- Sprinkle grated cheese on soups & salads
- Indulge in homemade mac & cheese with different pasta shapes
- Add extra cheese to sandwiches and burritos
- Stock your fridge with string cheese
- Start your morning with a cheese omelet or frittata
- Toast bagels and add pizza toppings
- Alternate cheese cubes, veggies, and chunks of fruit on sticks to make snack kabobs