

DAIRY AND THE "DASH" DIET PLAN

The DASH Diet Plan recommends adding more dairy to the diet along with fruits and vegetables.

HOW TO ADD MORE DAIRY TO YOUR FOOD

- Use yogurt as a substitution for mayo
- Sprinkle grated cheese on a salad
- Add milk to oatmeal instead of water
- Add milk into your morning coffee
- Blend fruit, yogurt, and milk into a smoothie
- Snack on string cheese

Increasing dairy consumption has been associated with a lower risk of heart disease and hypertension.

Content courtesy of National Dairy Council.

For more information, visit
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