

GIRL POWER MEETS DAIRY POWER



Why Dairy?

The teen years are an important time for growth and development. Dairy products are a **versatile, affordable, and tasty** food choice that can provide active, growing girls **13 essential nutrients** (ie: protein, calcium, Vitamin D, etc.), helping them **perform and feel their best** both on the field and in their daily lives.

But What If I'm Lactose Intolerant?

Think of lactose intolerance as a **spectrum** - you may still be able to tolerate certain dairy products over others. **Try low-lactose options** and see how you feel. If you still have trouble, there are also **lactose-free products** on the market. And the best part? Lactose-free milk has the **same nutritional profile** as regular milk!

How Much Dairy?

The general guideline is **three servings per day**. One serving can look like:

- 1 cup milk
- 1 cup yogurt
- 1½ ounces hard cheese

Low-Lactose Options

- Hard cheeses (cheddar, mozzarella, Swiss, Parmesan)
- Yogurt with live, active cultures

DAIRY QUICK TIPS

A Must-Have for Female Athletes

Check out some of the game-changing nutrients dairy products bring to the table.

MUSCLE BUILDING

Protein in dairy helps **build and repair muscles**, which is essential for making the most of your workouts. Plus, the combination of protein and carbs (like in chocolate milk) makes dairy a powerful tool for **quick recovery and sustained energy**.

HYDRATION

We lose electrolytes—such as sodium, calcium, potassium, chloride, phosphate and magnesium—through sweat. Water is hydrating, but it doesn't include electrolytes and while sports drinks have become increasingly popular, you'll find added sugar along with your added electrolytes. **Milk, on the other hand, is a great natural source of electrolytes!**

Easy Post-Workout Smoothie Recipe

Blend together:

- 1 cup ice
- 1 cup cow's milk
- 1/4 cup pitted frozen cherries
- 2 scoops chocolate whey protein



Dairy-Friendly Snack Ideas

- Greek yogurt with banana, blueberries and granola
- String cheese with whole grain crackers and/or apple slices
- Cottage cheese with pineapple
- Tuber Greek yogurt (freeze for a refreshing summer treat)
- Mini cheese quesadilla
- Overnight chia pudding made with milk and berries
- Veggie sticks with dip made from Greek yogurt

