

# LIVE WELL! MAKING NUTRIENT-RICH CHOICES FROM THE MYPYRAMID MILK GROUP

## The MyPyramid Milk Group

USDA's MyPyramid is your personal guide to healthy eating and physical activity. MyPyramid's blue band represents the Milk Group. MyPyramid recommends three cups of fat-free or lowfat milk or equivalents like yogurt and cheese daily for most people.

- The Milk Group includes milk, yogurt and cheese as well as milk-based desserts such as ice cream, frozen yogurt and pudding made with milk.

**Milk, cheese and yogurt provide nine essential nutrients such as calcium, potassium, vitamin D and protein. These nutrients help build and maintain bone mass and may reduce risk for the bone-thinning disease, osteoporosis. Potassium also helps regulate the body's fluid balance and maintain healthy blood pressure.**

The small steps to the right can help you make nutrient-rich choices from MyPyramid's "blue group." This means getting the most vitamins, minerals and other nutrients—but not too many calories—from the foods you choose.



**Milk Group**  
Get your calcium-rich foods

### Get Your Calcium-Rich Foods.

Choose fat-free or lowfat milk, yogurt and other milk products most often.

- Serve milk at meals and with snacks.
- Top pizza, casseroles and veggies with shredded cheese.
- Use plain yogurt as a base for dips or to dollop on baked potatoes.
- Slip cheese slices onto sandwiches.



**Make it Quick.** These tips can help you get your Milk Group foods—fast.

- Order a latte made with fat-free or lowfat milk.
- Make oatmeal or tomato soup with milk instead of water.
- Stock up on cheese sticks, yogurt cups and yogurt drinks for calcium-rich snacks.
- Top fruit with your favorite yogurt for a homemade parfait dessert.



### Make Smart Calorie Choices.

Try these tips to get the most nutrition for the fewest calories from Milk Group foods.

- Choose fat-free or lowfat milk, yogurt and cheese.
- When you shop, use the Nutrition Facts label to compare the amount of calories and fat in different types of Milk Group foods.
- If your family usually drinks whole milk, try stepping down to reduced-fat (2%), then lowfat (1%) and finally fat-free milk.
- Stock a few cans of evaporated fat-free milk to use in coffee and to replace cream in recipes.
- For a sweet treat, try "light" ice cream or frozen yogurt.



LIVE WELL!

Enjoy Nutrient-Rich Foods.

Produced by the Naturally Nutrient Rich Coalition

To learn more about the Milk Group and to find your personal pyramid based on your calorie needs, go to **MyPyramid.gov**.