



## HEALTHY HINTS

What do you eat for breakfast?

Did you know there are plenty of *delicious and healthy dairy foods* you can eat in the morning to help start your day?

Eating *dairy* products for breakfast can keep you full until lunch and provide you with energy for the day. Some of these foods include milk, yogurt, cheese, butter, and cream – but **be careful!** A lot of these foods may have a lot of fat or be bad for your health, so choose the healthy dairy options such as *greek yogurt, low-fat organic milk, or cottage cheese.*



## This week we learned about: Dairy and Calcium

- **Dairy** foods come from the **milk products** of animals, most commonly cows.
  - Cow, goat, or sheep milk can also produce cheeses, creams, and butters.
  - Dairy products are a great source of **protein, fat, and sugar**. They also contain important nutrients like **calcium**, which has been shown to improve **bone strength**, especially in growing children and teenagers!
  - **Calcium** can also be found in collard greens, soybeans, or some fish.
  - Dairy products have a sugar called “lactose” in them, so someone who is “*lactose intolerant*” cannot digest lactose and thus dairy products well!
  - *Lactose intolerant* people or *vegans* who do not consume animal products may choose to consume “dairy-free” products, which include milks made from soy, rice, almonds, or cashews.

**NEXT TIME (01/24/20):  
Macrominerals & Microminerals!**

### Non-Dairy Calcium Sources

