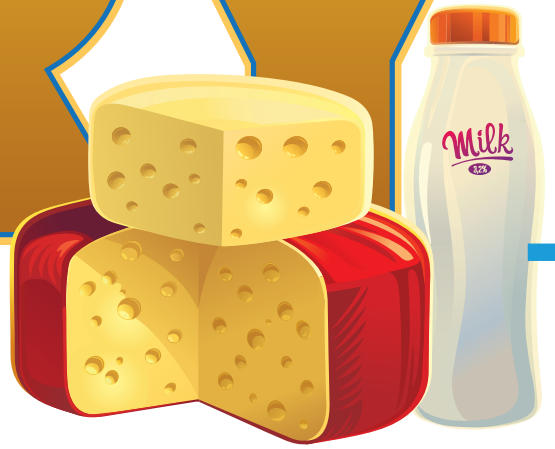


JUNE DAIRY MONTH



7 ways to enjoy more dairy

Metro Creative Connection

Dairy benefits the body in various ways. Those who may be wondering how to incorporate more dairy into their diets and/or individuals who have been advised to do so by a doctor or nutritionist can consider these handy tips.

1. Sprinkle on some cheese.

Cheese has less lactose than other dairy products, making it easier on the stomach for those who may have issues consuming dairy. Consider sprinkling some parmesan cheese on an apple or popcorn for an afternoon snack, or have an ounce of cheddar with a small portion of nuts for calcium and protein.

2. Top off meals.

Fruit salads, oatmeal or even a baked potato can be enhanced with low-fat yogurt instead of other fat-heavy or sugary toppings like whipped or sour creams.

3. Add milk to coffee.

While some people simply like the taste of coffee served black, adding milk to one's morning or afternoon brew is an easy way to get a serving of dairy each day.

4. Finish your morning milk.

Add a full serving of milk to that bowl of cereal. When the cereal is gone, sip the rest of the milk for a sweet treat.

5. Try evaporated milk.

Heavy cream can add five grams of fat and 50 calories in just one tablespoon. In lieu of heavy cream, opt for fat-free evaporated milk in soups and other recipes that call for cream. Evaporated milk provides the creaminess of dairy without the excessive calories.

6. Try a kefir smoothie.

Fermented kefir has roughly 15 to 20

times as many probiotics as yogurt. Probiotics benefit gut health, so substitute kefir in place of yogurt when making smoothies and other dairy drinks for a healthy boost.

7. Swap your spread.

Switch out mayonnaise or mustard on sandwiches for yogurt or ricotta cheese. Add herbs or lemon juice to dairy to amp up flavor.



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