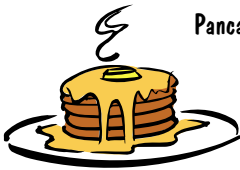


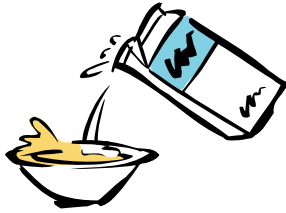

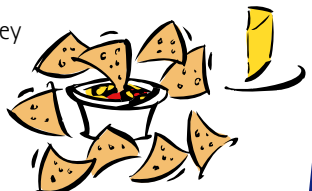






3-A-Day Mealtime Makeovers

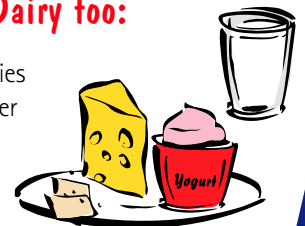


Eat 3-A-Day of Dairy – three servings of milk, cheese or yogurt is a deliciously easy way to build stronger bones and better bodies. Give meals a boost in taste and nutrition with these easy 3-A-Day mealtime makeovers. Try milk, cheese or yogurt in fat free and lowfat varieties to meet your taste and nutritional needs.

	Meal	Easy 3-A-Day Makeover	
Breakfast	 Pancakes with maple syrup	> Pancake-adilla: make a pancake sandwich with 1 cup of fruit yogurt and berries	
	Toast/Bagel	> Breakfast Pizza: melt one to two slices of reduced fat Swiss over lean ham and English muffin	
	Banana	> 'Nilla Banana Ice: blend together 1 cup of lowfat milk, banana slices, ice and some vanilla	
Lunch	 Burger	> Flavor Blastin' Burger: combine 1 cup of plain yogurt, 1/4 cup of shredded lowfat Cheddar cheese and taco seasoning to top on extra lean burger (use extra as a dip)	
	Tuna sandwich	> Marvelous Melt: toast open-faced tuna sandwich topped with one to two slices of lowfat American cheese	
	Chicken noodle soup	> Super Soup: make a bowl of chicken soup creamier with 1 cup of lowfat milk instead of water	
Snack	 Potato chips	> Cheesy Fiesta: eat baked tortilla chips with a chili-Monterey Jack dip (made with 1/4 cup shredded cheese)	
	Can of soda	> Mocha Milk Chiller: try 8 ounces of new lowfat milk flavors such as mocha, cookies-and-cream and orange	
	Soft pretzel	> Take a Dip: dunk soft pretzels in a honey or Dijon mustard yogurt dip (made with 1 cup of yogurt)	
Dinner	 Spaghetti	> Rocking Ravioli: top lowfat ravioli with marinara sauce and 1/4 cup shredded part-skim Mozzarella cheese	
	Chicken	> Tasty Taco Salad: add to salad baked tortilla strips, lean grilled chicken, 1/4 cup shredded reduced fat Colby Jack and 1 cup plain yogurt mixed with salsa	
	Fish	> Great Catch: bake favorite fish coated with Parmesan-bread crumb mixture and dip in "better-for-you-tartar sauce" – 1 cup of lowfat yogurt mixed with diced pickle, salt and pepper	
Dessert	 Candy	> Peachy Keen Parfait: layer 1 cup of yogurt with sliced peaches and crunchy lowfat granola	
	Cookies	> Mix It With Milk: mix 8 ounces of lowfat chocolate milk with your favorite cookies or crushed graham crackers	
	Apple pie	> Crowd-Pleasing Pairings: partner slices of apples or pears with a matchbox-sized wedge of Cheddar	

And, here's some mealtime makeovers for mom – she needs her 3-A-Day of Dairy too:

- Pancakes with maple syrup > **Pancakes Jubilee:** top pancakes with 1 cup of tangy raspberry yogurt and berries
- Burger > **Flavor Blastin' Burger:** dollop 1 cup of savory lowfat yogurt-cilantro sauce over extra lean burger (use extra sauce as a dip)
- Spaghetti > **Rocking Risotto:** use 1 cup of lowfat milk instead of water or broth to make a creamy vegetable risotto



For more easy and delicious 3-A-Day of Dairy tips and family-friendly recipes visit www.3aday.org.