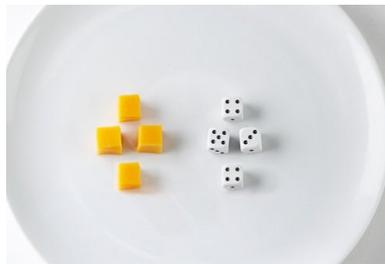


# GRAINS & DAIRY

Grain and dairy are a necessary part of the diet. Like all other types of food, make sure not to eat too much of any one thing. Only 1/4 of your plate at each meal should be grains. Whole grains are also more filling than refined grains. They keep you full longer as they take longer to process. Dairy is a good source of calcium and fat, just make sure you choose low fat options and don't eat too much of it.



One serving of cheese is about the size of 4 die.

1 serving of bread is about 1 slice of good seedy bread.



## Dairy and Calcium

- Limit yourself to 1-2 serving of cheese or milk a day. They have a lot of sugar and fat.
- When possible, choose low fat dairy choices. They are lower in calories and fat.
- It is important that young children get enough calcium through milk and other dark leafy greens.
- Calcium is not the only important vitamin. Vitamin D helps your body use the calcium to build stronger bones. Drinking milk with vitamin D is one way to get vitamin D. Your body also makes vitamin D when you spend time in the sun!
- To build strong bones you need to exercise and do weight-bearing (body weight activities like running and walking.)
- Cheese can have a lot of salt in it, so be careful!
- Milk contains a lot of sugar in it. It can be a good filling drink with breakfast or lunch, but avoid drinking too much of it.
- Choose cottage cheese as a good lean protein to have at breakfast or as a snack.

## Bread

- Choose whole grains instead of refined grains
- Limit white and wheat bread. They are very refined. Choose a good nine-grain or a twelve-grain bread, the more seed and grains you can see the better.
- Try eating a sandwich with a lettuce wrap instead of bread for a healthier choice.

## Rice and Potatoes

- Choose brown rice, wild rice, and couscous over white rice. They are higher in fiber and can add more nutrients (vitamins, other whole grains)
- White potatoes have a lot of starch in them. Limit fat on top of the potatoes by cutting back on butter or cheese. Try a sweet potato for less starch and more nutrients

## Tortillas

- Choose to eat one tortilla with a taco instead of two.
- Corn tortillas are lower calorie than flour tortillas. But make sure not to eat too many!
- Try a taco salad instead of individual tacos without tortillas to lower the carbs you eat! You will also get more nutrients this way.