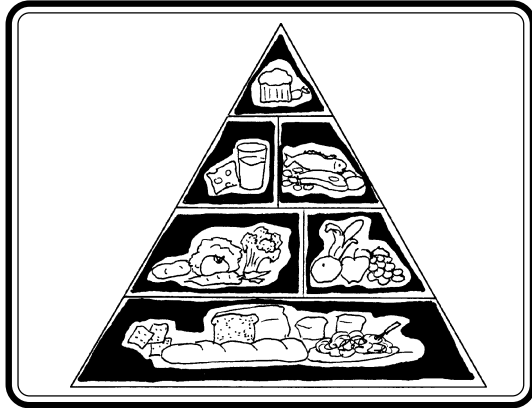


Eating Well for Good Nutrition

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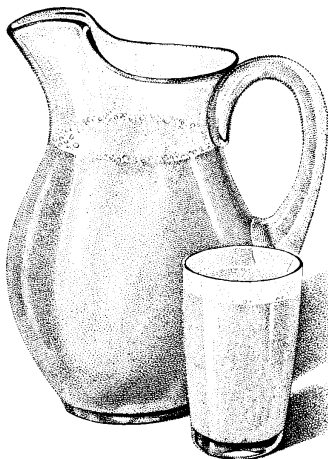


HEALTHY CHOICES IN THE MILK, YOGURT & CHEESE GROUP

The Food Guide Pyramid recommends at least two servings from the milk, yogurt and cheese group each day.

Lowering Fat

- Drink skim and 1% milk, which have the least amount of fat. You can gradually lower the fat content by switching to 2%, then 1% and finally to skim milk.



- Eat cheeses naturally lower in fat such as part-skim mozzarella and ricotta cheese. Many reduced-fat or fat-free cheeses, cottage cheese, and cream cheeses are available.
- Choose low-fat and fat-free yogurts.
- Lower the fat in recipes by substituting plain fat-free yogurt for sour cream or mayonnaise.
- Choose low-fat ice creams, low-fat or fat-free frozen yogurts and ice milks for desserts.

Lowering Sodium

- Cheeses vary widely in sodium content, but tend to be higher in sodium than milk or yogurt. Process cheeses, cheese foods, and cheese spreads contain more sodium than natural cheese. Reduced-sodium cheeses are available.

Lowering Sugar

- Choose artificially sweetened yogurts.
- Choose artificially sweetened frozen dairy desserts such as artificially sweetened ice creams, frozen yogurts and ice milks.

Suggested Readings:

Oklahoma State University Extension Fact Sheets:

T-3138, *Dietary Fiber*

T-3142, *Dietary Salt*

T-3153, *Facts About Fat*

T-3154, *Facts About Cholesterol*

T-3157, *Sugar and Other Sweeteners*

T-3165, *Food Guide Pyramid: Guide to Daily Food Choices*

Reference List:

United States Department of Agriculture Human Nutrition Information Service. (1992) *The Food Guide Pyramid, Home and Garden Bulletin Number 252*. Washington, D.C.: Government Printing Office.

United States Department of Agriculture Human Nutrition Information Service. (1995) *Nutrition and Your Health: Dietary Guidelines for Americans, 4th ed., Home and Garden Bulletin Number 232*. Washington, D.C.: Government Printing Office.



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***For more information, contact your OSU
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