

Health & Wellness







Tip of the Week

March is all about focusing on **nutrition**. It is the perfect time to remind you about the importance of making healthy choices and eating right.

Week 11
March 14, 2016

Why You Need Daily Dairy

Dairy foods offer you bone-building nutrients such as calcium, potassium, vitamin D and protein. Choose fat-free or low-fat products from the dairy group daily:

-  Skim milk and lactose-free milk
-  Low-fat cheese or fat-free cottage cheese
-  Fat-free pudding
-  Fat-free yogurt
-  Low-fat ice cream or fat-free frozen yogurt
-  Calcium-fortified fat-free soy milk



Source: United States Department of Agriculture



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