

Quick Dairy Ideas

Calcium is important for maintaining and building strong bones, but it doesn't just have to come from drinking milk. USDA guidelines suggest that adults should consume 3 cups of dairy per day for optimal health, and dairy provides excellent sources of healthy fats and protein.



1. Make a milkshake or smoothie as a recovery drink after a workout.

⇒ Try adding fresh or frozen fruit, like strawberries or bananas.

2. Try Fairlife chocolate milk as a recovery protein after a workout.

3. Try yogurt with some added fruit or granola.

⇒ Easy to pack for lunch or make your own parfait for breakfast

4. Treat yourself to a couple scoops of ice cream or frozen yogurt.

⇒ Great with added toppings like chopped nuts, melted peanut butter, or a handful of mini chocolate chips.

⇒ Try blending in a scoop or two to your recovery protein drink post-workout.

5. Have some cheese as a snack.

⇒ Create your own mini charcuterie board with some cheese cubes or slices.

⇒ Try goat cheese on crackers with some fruit or nuts.

6. Add cream cheese to a bagel for breakfast, can add fruit or honey to sweeten

7. Add a spoonful of sour cream to your favorite tacos.

8. Pudding cups are great for on-the-go snacks or adding to lunches.

9. Try cottage cheese for breakfast or as a snack; great source of protein for recovery too.

⇒ Try adding fruit like peaches, strawberries, or blueberries.

10. Try a yogurt-based salad dressing, like Bolthouse Farms.



Here are some great sources of dairy nutrition:

milk	milkshakes	cream
yogurt	Frappuccino	Boost/Ensure
cream cheese	rice pudding	string cheese
parmesan cheese	sour cream	hot chocolate
ice cream	Greek yogurt	buttermilk
chocolate pudding	cottage cheese	cheese curds
smoothies	chocolate milk	powdered milk