Colonial Nutrition Newsletter

Deliver the Dairy

3-A-Day™: consume three servings of dairy daily to receive ten essential nutrients necessary for healthy living and strong bones!

What's a serving?!

- 1 cup milk or 1 bottle of milk at school
- 1 slice cheese
- 8 ounces yogurt

Look at all that calcium!

Check out what's in a cup of skim milk:

Nutrition Facts

Serving Size 1 cup 245g (245 g)

Amount Per Serving	
Calories 86	Calories from Fat 4
	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 5mg	2%
Sodium 127mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 8g	
Vitamin A 0% • Vitamin C	4%
Calcium 30% • Iron	1%

Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000
Total Fat	Less than	65g
Sat Fat	Less than	20g
Cholesterol	Less than	300mg
Sodium	Less than	2,400mg
Total Carbohydrate		300g
Fiber		25g

Calories per gram:
Fat 9 • Carbohydrate 4 •

Fun dairy ideas:

A Scrumptious Smoothie

- Blend milk or yogurt with fruit and ice for a healthy hot weather refresher!

Get the day going

- Mix fresh fruit and yogurt for the perfect pancake topper or parfait

After work out muscle builder!

- After a workout or sports practice help your body to repair and build muscle with a glass of milk!
- Milk provides the body some much needed protein and vitamins! So skip the protein shakes and grab a glass of milk!