



Don't forget the dairy

Five reasons to add low-fat dairy to your lunch



1. Increased bone density

Getting calcium from food, rather than supplements, helps keep bones healthy and strong.

2. Lower blood pressure

Adults who consume the most low-fat dairy were 54% less likely to develop high blood pressure.

3. Weight control

There is increasing evidence that calcium from dairy products may play a role in body-weight regulation.

4. Great source of vitamin D

Dairy products containing vitamin D help your body absorb calcium and can reduce the risk of certain cancers and heart disease.

5. Reduced metabolic syndrome

Adults who consume more dairy have lower rates of metabolic syndrome, a group of symptoms that has been shown to increase the risk of diabetes and heart disease.

Add one of these to your lunch:

- Low-fat cheese
- Low-fat cottage cheese
- Low-fat Greek yogurt
- Low-fat or skim milk