

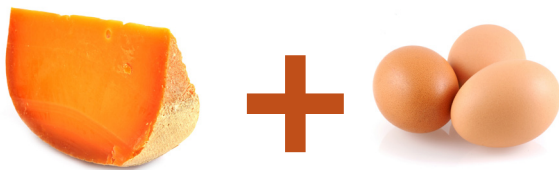


## Nutritious Dairy Duos

We usually think of food pairings from the point of view of taste – macaroni and cheese, rice and beans, cereal and milk, fish and lemon. But did you know that there's a real nutritional benefit to food pairings? Each whole food is healthy in its own right, but its healthful properties can be given a boost when paired with another food. In essence, it's like saying  $1+1=3!$

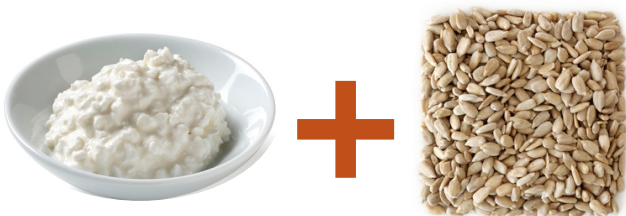
That's why it's important to eat a balanced diet of different types of foods – vegetables, fruits, whole grains, lean meats, reduced fat dairy, legumes and beans, and nuts and seeds – to ensure you're getting a wide spectrum of vitamins, nutrients and minerals.

Here are a few examples of how nicely dairy pairs with other foods:



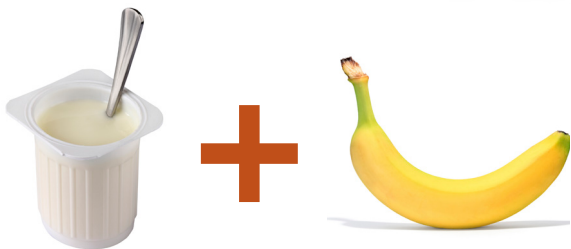
### Cheese and Eggs

Egg yolks contain vitamin D that optimizes the body's ability to absorb the calcium in cheese. In addition to bone health, this vitamin is especially important for signal transmission between cells and brain health, so go ahead and top off your omelets with cheese; your brain (and taste buds) will love it.



### Cottage Cheese and Sunflower Seeds

Selenium, an important trace mineral, helps boost the immune system and is important for thyroid function. It's found in dairy products like cottage cheese and in seeds like sunflower and sesame seeds; the seeds also are high in vitamin E. Selenium and vitamin E work together and increase the antioxidant properties of both.



### Yogurt and Bananas

Bananas contain inulin, a soluble dietary fiber found in plant foods. Inulin promotes gastrointestinal health and helps support the growth of healthy bacteria found in yogurt.



### Yogurt Dip and Veggies

Fats, like those found in yogurt, can help increase the absorption of lycopene found in tomatoes, as well as fat-soluble vitamins, such as A, D, E and K. For an easy and nutritious snack, use plain yogurt with herbs and spices as a dipping sauce. Slice up veggies such as carrots, broccoli, celery, sweet red peppers and grape tomatoes and dip away!