



Dairy Foods

These Tweet ideas coordinate well with resources we've featured in this ONE Toolkit. Once you've posted the corresponding resource on your website, you can include a link, with your own URL, in your Tweet.

Optional hashtags: #dairy; #deliciousdairy; #dairyfoods

All About Fluid Milk

All forms of milk - skim, whole, non-fat – are equally nutritious.

Get more omega-3s with milk made from grass-fed cows.

Same nutrition, but less fat & calories when you drink skim, reduced, or low-fat milk.

Handout: Where does Milk Come From?

Cows can consume 100 pounds of food and a bathtub full of water each day!

From farm to fridge, it takes many steps to produce that glass of milk in your hand.

Holy cow! In 2015, the US produced over 208 billion pounds of milk!

Guide: Cultured Dairy

Centuries ago, fermented dairy (like yogurt, cheese) was created as a means of preservation.

Confused by the various yogurt styles sold in the market? This guide can help.

Did you know cheese is considered a fermented food?

Look for yogurt & kefir with “live active cultures” & no added sugar.

Nutritious Dairy Duos

Pair dairy with seeds, veggies, fruit or eggs for a nutrition boost.

The fat in dairy (except skim) helps your body absorb the nutrients in veggies.

Enjoy a wide spectrum of whole foods for optimum health.

Dairy pairs nicely with seeds, veggies, fruit or eggs.

Pair banana with yogurt for good gut health.

16 tips for Selecting, Storing and Serving Dairy

Use these tips and never get caught with spoiled milk again

When food shopping, visit the dairy aisle last.

Some dairy products can be frozen, but it does affect texture, color & sometimes flavor.

Not sure how to serve cheese? Ask the experts behind the cheese counter, they can help.



Quiz: Dairy Foods

Are you a dairy diva? Take the quiz and find out.

Non-fat yogurt may not be the best choice when you want to lose weight.
Dairy foods NOT fattening? That's right, they can be enjoyed on a healthy diet

12 Great Ways to Use...

Dairy is delicious and oh so versatile.

From morning to night, there's a way to use dairy to suit your every taste.

Use Greek yogurt in place of sour cream. Same tang, fewer calories!

Instead of PBJ, try a PBGY (Greek yogurt) instead!

Mozzarella made from buffalo milk is creamier than from cow's milk.

Handout: The Art of Cheesemaking

Coagulating, cutting, and hooping. Just a few of the steps to making great cheese.

Cheese can be aged up to 10 years or more!

Ever wonder how cheese is made? Check this out to learn how.

Web: Dairy Alternatives

Almond, oat and rice milks are delicious non-dairy alternatives.

Soy milk has similar amounts of protein and fat as 2% milk, and has fiber, too.

For a change up to cow's milk, try almond, oat and rice milk instead.