



## USDA says, “Eat More!” – more of the good stuff...

The key to staying healthy and maintaining weight while “eating more” is to choose *super foods* that are nutrient-rich and packed with nutritional value. That’s where dairy foods, whole grains and fresh fruits and vegetables come in. Try these tips to fill up on the good stuff.

- Soup-up your Soup– Prepare instant or canned soup with fat free milk instead of water, and fill it with fresh, frozen or canned vegetables.
- Load up on flavor – Try spicy pepper jack cheese on broccoli for extra zest.
- Wake up your senses – Start your day the 3-A-Day way by mixing granola with a high-fiber whole-grain cereal and top with lowfat milk.
- For a healthy snack attack – pop a plastic spoon into an individual serving of yogurt
- Make it a mocha - Fill an ice cube tray with chocolate milk and freeze. When the mocha mood hits, fill a tall glass with the frozen chocolate milk cubes and pour cold leftover coffee over the cubes.
- Don’t forget dessert – make it a healthy one by dipping fresh fruit in vanilla yogurt
- Sandwiched for time? – increase nutrition by substituting plain yogurt for mayonnaise in tuna or egg salad.
- For the chocolate lover in you. Substitute ½ cup plain fat free yogurt for oil and eggs when preparing boxed brownie mix.

\* For table on dairy food sources of calcium, see Appendix B-5 in the Dietary Guidelines at <http://www.health.gov/dietaryguidelines>.