

EAT TO WIN

If you want to score big on tests or on the court, it's important to choose the foods your body needs. Without top-level fuel, you won't perform your best. What you eat – and what you drink – can make a huge difference.

Take a clue from some of your favorite athletes and reach for milk more often. It's packed with protein for strong muscles and it's loaded with calcium so your bones will grow long and strong.

PUMP UP THE VOLUME

Did you know that nearly half of all bone is formed during the teen years?

Your growing bones crave calcium. If you miss out on this mighty mineral in milk, your bones won't reach their full growth potential.

Bones are kind of like a bank account. You can deposit and save calcium so you'll have enough to draw on when you're older. If you skimp on calcium now, you'll have less calcium stashed away when you need it. That means in the years ahead, you may be more likely to break a hip or have a hunched-over appearance (something called osteoporosis).

So, make the investment now and bone up on calcium. You really can't make up for it later in life.

WHERE'S
YOUR MILK
MUSTACHE?

TEST YOUR DAIRY IQ

Take this quick quiz to see if you can spot the mega-myths about milk. Check out the answers on the back.

1. Milk is fattening. T F
2. Now that I am older, I don't need to drink milk anymore. T F
3. Chocolate milk contains the same amount of calcium as regular milk. T F
4. I can't drink milk if I'm lactose intolerant. T F
5. Calcium-fortified juices are the same as milk. T F

CALCIUM COUNTS

Be sure you give your body some TLC (Tender Loving Calcium). Your daily goal: 1,300 milligrams of calcium or about the amount in 3 to 4 servings from the Milk Group. That means milk, yogurt or cheese. Your choice. Check out how easy (and tasty) it can be!

1 serving =



1 cup of milk
300 mg Calcium

or



1 cup of yogurt
300 mg Calcium

or



1½ ounces of cheese
300 mg Calcium



If you've only been slurping sodas or juice drinks instead of milk, you're depriving your bones of calcium at a time they need it the most. Whether fat free or flavored, milk is one of the easiest – and tastiest – ways to get the calcium you need. If you haven't been drinking much milk lately, it's time to get back on track.



% Daily Values per 8 ounces of fat free milk

Milk replenishes the fluids lost during your workout and provides lots of potassium – even more potassium than sports drinks. The high-quality protein in milk delivers the goods for strong muscles.

SNEAK IN MORE CALCIUM

- Get out the blender and whip up a cool smoothie made with a cup of milk, a handful of chopped fruit and ice.
- Satisfy your chocolate cravings by stirring a spoonful of chocolate syrup into an ice-cold glass of milk.
- Make a cup of hot cocoa with milk instead of water to warm up your insides on a chilly day.
- Kick the can of soda and chug a carton of chocolate milk.
- Instead of chips, crunch on crackers topped with cheese.
- Rather than a candy bar, choose instant pudding made with milk – it's ready in seconds.
- Eat milk with cereal, anytime!
- Top Mexican favorites with shredded cheese: tacos, burritos, enchiladas or taco salad.

TIPS FOR TOLERANCE

INSTEAD OF DITCHING DAIRY IF YOU THINK YOU MAY BE LACTOSE INTOLERANT, TRY THESE TIPS:

START SMALL. Try smaller and more frequent portions of milk and drink milk with a meal or snack instead of on an empty stomach. Most people are fine with drinking 1 cup of milk or less at a time.

REDUCE IT. Look for lactose-reduced or lactose-free milk. Or buy lactase enzyme drops at the drug store that you can add to regular milk. You can also take enzyme tablets to ease dairy digestion.

SAY CHEESE, PLEASE. More than half of the lactose is removed when cheese is made. Aged hard cheese like Cheddar, Colby, Swiss and Parmesan are particularly low in lactose and easier to digest.

GET A LITTLE "CULTURE." You probably won't have any trouble with cultured dairy products like yogurt, which contain "friendly" bacteria that help your body digest lactose.

GO TO THE PROS. These tips may not apply to everyone. Follow the advice of your doctor or consult a registered dietitian.

MILK PACKS A POWERFUL PUNCH

CHECK IT OUT

How'd ya do?

- 1. FALSE.** That's a big fat lie. One 8-ounce glass of fat free milk has zero fat and contains only 80 calories, which is about what you'll find in an apple. A glass of lowfat milk has just 100 calories and 2.5 grams of fat. No matter what type of milk you choose - fat free or flavored - it's all packed with 9 essential nutrients.
- 2. FALSE.** Milk is more important than ever. Now is when your bone growth shifts into high gear, so you need to feed your bones plenty of calcium every day.
- 3. TRUE.** Chocolate milk is chock full of the same amount of calcium as you'll find in regular milk. You can find chocolate milk in grab-and-go containers or make your own with a spoonful of chocolate syrup.
- 4. FALSE.** Milk may not be the problem, only your doctor will know for sure. But even if you are lactose intolerant, you can still enjoy milk. (see "Tips for Tolerance" above)
- 5. FALSE.** Although other drinks may have added calcium, milk is naturally rich in calcium. In addition, it contains 8 other essential nutrients, including vitamin D which helps you absorb the calcium.



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