

We recommend adding dairy to our meal plans to align with the nutrition standards we follow as well as round out the plan's protein, calcium, and vitamin D. Calcium helps keep our bones strong and prevents osteoporosis. Dairy products contain the highest concentration of calcium per servings. Milk is fortified with vitamin D and this crucial vitamin play many roles in our health. Plus, dairy is full of healthy protein and potassium.

### **DAIRY REQUIREMENTS FOR MEAL PLANS**

**1200 Calorie Plan: 2 servings of fat-free dairy**

**1500 Calorie Plan: 3 servings of low-fat dairy**

**2000 Calorie Plans: 3 servings of low-fat dairy**

### **WHAT COUNTS AS A DAIRY SERVING?**

**8 oz Milk**

**6 oz of Fat-Free or Low-Fat Yogurt**

**1/2 cup Cottage Cheese    1 oz Cheese**

You can add these dairy servings to meals or have them as snacks between meals.



### **MILK ALTERNATIVES**

Plant-based or Lactose-free alternatives are acceptable to use as a replacement. Look for alternatives that are higher in protein, have low or no added sugars, and are fortified with Calcium and Vitamin D.

- **Lactose-Free Milk:** Suitable for those with lactose intolerance, not a milk allergy. Nutritionally speaking, lactose-free milk is exactly the same as regular milk.
- **Soy Milk:** Is a great plant-based substitute for milk as it's nutrition profile closely resembles cow's milk.
- **Almond Milk:** A great option for cutting calories and carbs. It's creamy and thick texture is well liked. Almond milk contains very little protein but is fortified with vitamins and minerals and contains healthy unsaturated fats.
- **Rice Milk:** Is often recommended for those on a renal diet as it is lower in protein, potassium, and phosphorus. It is not as creamy as other non-dairy alternatives and has a neutral flavor.
- **Coconut Milk:** This option is creamy and sweet. It offers Vitamin D and vitamin B12 but contains little added Calcium. Can be higher in added sugars and as much saturated fat as Whole Milk.
- **Oat Milk:** Similar in consistency as dairy milk but has half the amount of protein, higher carbohydrates and added sugar.