

## TRIM CALORIES AND PUMP UP THE CALCIUM

A simple shift in your eating habits can help you lose weight. Studies show that getting enough calcium may be a key support for optimizing fat loss while dieting. To lose weight and body fat, experts suggest trimming about 500 calories per day, limiting fat to about 30% of total calories, and boosting calcium to at least 1,000 milligrams per day.

Small changes in the amount of calories and milk you drink, combined with physical activity, can help tip the scales in your favor. Success with weight loss is measured not only by how much you lose, but also by whether you keep the weight off. Successful weight losers tend to adopt new lifestyle habits that become second nature.



The contents of this brochure were taken from: [www.whymilk.com](http://www.whymilk.com)  
[www.nationaldairycouncil.org](http://www.nationaldairycouncil.org);  
[www.eatright.org](http://www.eatright.org) and

***Emerging research suggests that including calcium-rich milk in your weight loss plan does more than just keep your bones healthy, it may be a key to your healthy weight loss strategy.***



# Milk Your Diet

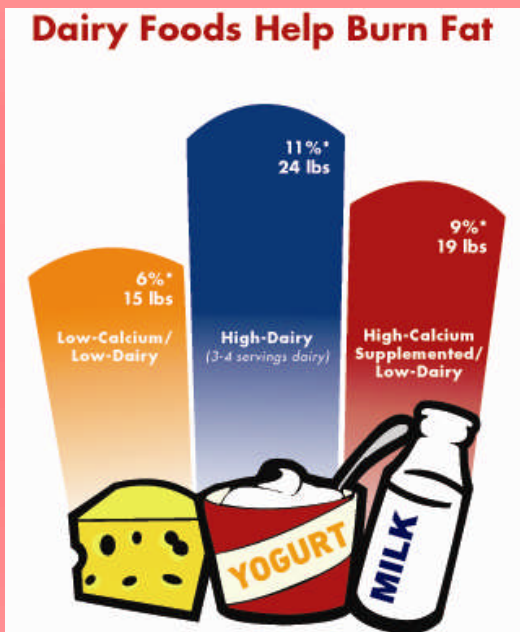


HEALTHY WEIGHT  
with DAIRY



## THE NEW "WEIGH" TO LOSE

Research suggests that milk may help promote the loss of body fat while maintaining more muscle - which is important when dieting. Dropping dairy foods as a calorie-cutting tactic is not only bad for bones - it could make it even harder to lose weight. So try "milking your diet" instead. That means 24 ounces in 24 hours... just three 8-ounce glasses of low fat or fat-free milk every day to get the calcium your body needs.



Researchers at the University of Tennessee conducted a clinical trial to further investigate the role dairy foods, specifically milk, cheese and yogurt, play in weight loss. At the end of the 24-week trial, those on the high dairy diet lost the greatest percentage of body weight and body fat.

\*percent of average total body weight

## SUPPLEMENT SENSE

It's best to get your calcium from food - especially from milk and other dairy products. While more research is needed to understand the weight loss benefits of a dairy rich diet, recent studies suggest that the full benefits of dairy cannot be attained by calcium supplements alone. Scientists aren't sure why, but calcium's effects on weight and fat loss are more pronounced when calcium comes from milk and other dairy foods rather than a calcium supplement. Obtaining your calcium from foods also means that you're getting a complete nutrient package. Dairy foods supply an array of essential nutrients besides calcium, including protein, vitamins A, D and B12, potassium, riboflavin, niacin and phosphorus.

## CALCIUM AT THE COFFEE BAR

No need to "brew" about warnings that caffeine hinders calcium absorption. The effect is minimal. In fact, the amount of caffeine in a cup of coffee or espresso cancels the calcium in only about 1 tablespoon of milk. This is easily offset by pouring in some extra milk. Coffee drinks, hot cocoa, and chai tea drinks are tasty alternatives for getting calcium from milk. When ordering, be sure to ask for low fat or fat free milk to keep calories low.

### Calcium in a 12-ounce drink:

- Café latte: 385 mg
- Café mocha: 315 mg
- Cappuccino: 280 mg
- Chai: 225 mg

## MILK MANY WAYS

There are many ways to add calcium to your meals. One of the easiest and most natural ways is to include milk in your menus. Besides drinking it, milk can often be substituted for some or all of the water in a recipe. Adding a little milk here and there can pump up your calcium by the end of the day.

### Use low fat or fat free milk when preparing...

- Canned or packaged soups, such as tomato, chowder and cream-style soups
- Instant mashed potatoes and other packaged potato products, such as scalloped and au gratin potatoes
- Stuffing mix
- Rice, risotto and packaged instant rice dishes
- Couscous and flavored instant couscous mixes
- Polenta Instant
- Hot cocoa mixes
- Coffee drinks and mixes, such as latte cappuccino, mocha
- Chai tea drinks
- Smoothies (also use milk ice cubes for a slushy, creamy drink)
- Milkshakes (make with low fat frozen yogurt or ice cream)

