DAIRY
AND THE "DASH" DIET PLAN

The DASH Diet Plan recommends adding more dairy to the diet along with fruits and vegetables.

HOW TO ADD MORE DAIRY TO YOUR FOOD

- **Use yogurt as a substitution for mayo**
- **Sprinkle grated cheese on a salad**
- **Add milk to oatmeal instead of water**
- **Add milk into your morning coffee**
- **Blend fruit, yogurt, and milk into a smoothie**
- **Snack on string cheese**

Increasing dairy consumption has been associated with a lower risk of heart disease and hypertension.

**Content courtesy of National Dairy Council.
For more information, visit www.nevadamilk.com**