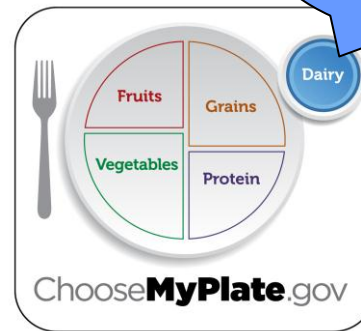


## Information for Trainers on Dairy

The learner will be able to:

1. Describe the nutrients provided in the dairy group.
2. Describe the benefits of the nutrients in the dairy group.
3. Recognize the recommended portions for young children in the dairy group.
4. Know where to find foods in the dairy group.



**Dairy makes bones strong!**

### Dairy Group

Dairy Group	
Child Centered Phrases	<ul style="list-style-type: none"> <li>• <b>Make your bones strong!</b></li> <li>• <b>Help build muscle!</b></li> <li>• <b>Help you move!</b></li> </ul>
Food Specific Phrases	<ul style="list-style-type: none"> <li>• Milk makes your teeth strong.</li> <li>• Yogurt keeps your heart beating.</li> <li>• Milk gives you energy.</li> <li>• Yogurt and Cheese helps you build muscles.</li> </ul>
Nutrients	<ul style="list-style-type: none"> <li>• Carbohydrates (provide energy)</li> <li>• Protein (needed to build and repair tissues)</li> <li>• Calcium (needed in bone formation, teeth formation, blood clotting, &amp; nerve transmission)</li> <li>• Magnesium (needed in nerve conduction &amp; muscle contraction)</li> <li>• Niacin (involved in the metabolism of fat, carbohydrate, &amp; protein, &amp; needed for healthy skin, &amp; blood circulation)</li> <li>• Phosphorus (regulates energy release, &amp; involved in bone development)</li> <li>• Potassium (involved in fluid balance, muscle activity, &amp; supporting a healthy nervous system)</li> <li>• Riboflavin (involved in the metabolism of fat, carbohydrate, protein, &amp; needed in cell respiration, formation of antibodies &amp; red blood cells)</li> <li>• Vitamin A (needed for healthy eyes, skin, bone, reproduction, &amp; growth &amp; repair)</li> <li>• Vitamin D (needed for calcium &amp; phosphorus metabolism &amp; healthy bones &amp; teeth)</li> <li>• Vitamin B 12 (needed for the synthesis of red &amp; white blood cells, &amp; for the metabolism of food)</li> <li>• Zinc (need for growth, a healthy immune system &amp; wound healing)</li> </ul>
Adult Centered Phrases	<ul style="list-style-type: none"> <li>• All foods in the dairy group help prevent osteoporosis.</li> <li>• Calcium keeps bones dense.</li> <li>• Vitamin D helps the body absorb calcium for bone growth.</li> <li>• Foods in the dairy group reduce high blood pressure.</li> <li>• Consuming foods in the dairy group helps to maintain weight.</li> </ul>

**CDC links to:**

Calcium and bone health

**MyPlate Links to:**

Help your preschooler enjoy and consumer dairy products.

Tips for making wise choices:

Keep it safe to eat.

For those who choose not to consume dairy products.

What counts as 1 cup in the dairy group?

What foods are included in the milk, yogurt, and cheese (dairy) group?