

# EAT TO WIN

If you want to score big on tests or in the game, 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.

For strong muscles and bones, your growing body needs 3 servings every day of dairy. This will provide it with the protein and calcium it needs to excel in everything you do. Need an extra boost? Exercise will help to build up your energy and load those bones with calcium as well. The more you can move – the better.



## [Test Your / Dairy IQ]

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

- Now that I am older, I only need to drink one glass of milk daily to get the calcium my body needs.
- Walking is an exercise that will keep my bones strong.
- Calcium is not only used by my body for bones and teeth, but also to make my muscle and nerves work.
- If I am lactose intolerant, I shouldn't eat dairy.
- Skipping breakfast helps me stay thin and boosts my energy.



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# Pump Up The Volume



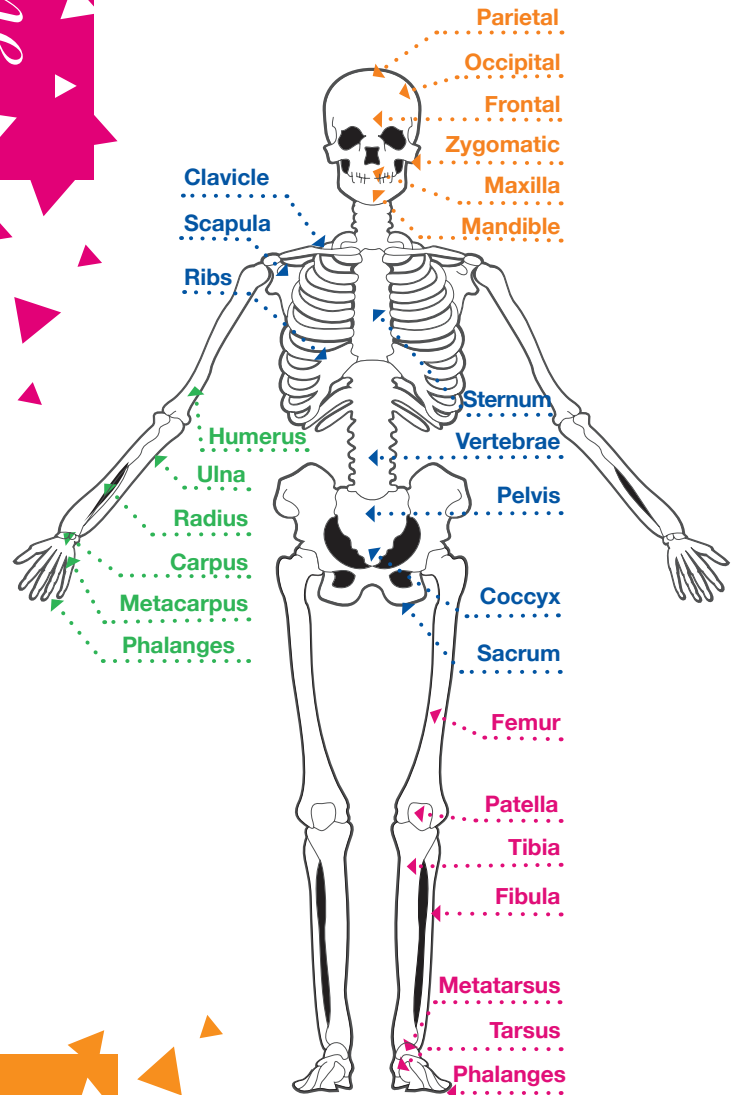
## Did you know that nearly half of all bone is formed during the teen years?

Your growing bones crave calcium. If you miss out on this mighty mineral in dairy, 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.

## [Check it out / Your Skeleton]



# Be an All-Star Chef

## [Tips For / Tolerance]

Why sit on the side-lines watching others prepare food for you? You can help to make your body leaner and stronger by showing off in the kitchen. Use the 5 tips below to reach All-Star status on the field, in the classroom or in your own home.

- ★ Your snack or meal is made up of foods from two or more food groups.
- ★ It contains no more than one ingredient from the fats, oils and sweets group.
- ★ It includes a high-fiber food such as whole-grains, fruits, vegetables, dry beans, nuts and seeds.
- ★ It is a low-fat snack or the fat has been reduced.
- ★ It is easy to prepare and tastes good!



Share your own favorite All-Star recipe with us. Email: [healthinfo@cabotcheese.com](mailto:healthinfo@cabotcheese.com)



**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 dairy products.

**SAY CHEESE, PLEASE.** More than half of the lactose is removed when cheese is made. Aged hard cheese like Cheddar, Colby, Swiss and Parmesan contain little or no lactose and are 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.

### Calcium Counts

Be sure you give your body some TLC *Tender Loving Calcium*. Your daily goal: 1,300mg 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
  - 1 cup of yogurt/300 mg Calcium
  - 1 1/2 oz of cheese/300 mg Calcium



## [Test Your Dairy IQ / Answers]

- 1. FALSE.** Dairy foods are 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. That means 3 servings of dairy daily.
- 2. TRUE.** You need to stay active to keep bones strong as well! Weight bearing exercise like walking, soccer or dancing and resistance training like weight lifting. These activities cause the muscles to tug on bones which encourage bone growth. (Swimming and bicycling do not count.) To keep bones strong exercise a minimum of 30 min x 3 days a week.
- 3. TRUE.** Calcium is a mineral that your body uses not only for bones and teeth, but also to make your muscles flex and nerves conduct. So in order to keep your brain and body working properly, make sure your body gets the calcium it needs.
- 4. FALSE.** Not all dairy contains lactose. Hard cheese like cheddar & parmesan have 0 grams of lactose which means you can eat them even if you are lactose intolerant. Other dairy products you should try include yogurt or lactose-free milk. (See "Tips for Tolerance" above)
- 5. FALSE.** Your body needs fuel! By skipping breakfast it is harder for your mind to think and your body to move. Research also has proven that people who skip breakfast not only do poor on tests but gain more weight over a lifetime.

### PB&J Smoothie

- 1 cup frozen strawberries
  - 1/2 cup Cabot 2% Plain Greek-Style Yogurt
  - 1/4 cup skim milk
  - 1 tablespoon natural peanut butter
  - 1 tablespoon strawberry jelly
- Blend all ingredients in blender until smooth. Enjoy!
- Total Calcium: 300 mg**



### Pizza Crisps

- On 4 whole-grain crackers, spread each with 1 teaspoon of marinara sauce and add other favorite pizza toppings.
  - Sprinkle with grated Cabot Mild or Sharp Cheddar.
  - Place on plate and microwave just until cheese is melted, about 10 seconds.
- Total Calcium: 76 mg**

