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EAT WELL, CARE WELL. EASY DAIRY SNACK & MEAL IDEAS

Meal time can be a very stressful time due to all the other things you have on your platter very day. You know that eating a variety of foods that are nutrient dense and healthy is important, but this can be a challenge with limited time. Dairy foods like low-fat milk, yogurt, cottage cheese and cheese can help assure balanced meals. Here are some easy, nutritious meal tips and ideas.

Preparation. Double recipes and portion out the leftovers to use in other meals during the week. Pre-chop fruits and veggies or buy frozen or fresh ready to eat veggies that are prewashed. You can add these to salads, smoothies, yogurt, top ice cream or sherbet, or roast them in the oven.

YOGURT – especially lower-fat options – is a nutritious snack. It's a good source of protein, which can help keep you satisfied longer, and it provides important nutrients like calcium and B vitamins. Plus, it comes in lots of different varieties and flavors to keep things interesting. Grab one for breakfast or an afternoon snack.

CHEESE and crackers. There are reduced fat options that can fit into nutritious eating plans, too. Have some string cheese, a few whole grain crackers and some grapes for balanced snacking throughout the day.

Low-fat or fat-free CHOCOLATE MILK is a quick (and tasty) snack with protein, calcium and B vitamins to help you stay fueled throughout the day and the protein can help keep your blood sugar stable.

WEEKLY
CHALLENGES

PRECUT SOME
VEGGIES

TRY ONE OF THE
OVERNIGHT OATS
RECIPES

HAVE A DAIRY
SNACK

MAKE A SMOOTHIE
WITH GREEK
YOGURT, MILK AND
FRUIT

DID YOU KNOW?

LOW FAT AND FAT FREE
DAIRY FOODS CAN
ENHANCE YOUR
NUTRITION STATUS.

Apple Pie Overnight Oats

Ingredients

- 2/3 cup low-fat milk
- 1/2 cup old-fashioned rolled oats
- 1/2 cup diced apple
- 1/4 cup chopped pecans,
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1 tablespoon maple syrup or honey
- Pinch of salt

Instructions

1. In small bowl or 12-ounce jar, combine all ingredients and stir until well combined. Cover and refrigerate overnight or at least 6 hours.

Berry Coconut Overnight Oats

Ingredients

- 1/2 cup lactose-free milk
- 1/2 cup old-fashion rolled oats
- 1/2 cup raspberries
- 1/3 cup coconut Greek yogurt
- 1/4 cup unsweetened shredded coconut
- 1 tablespoon chia seeds
- 1 teaspoon maple syrup
- 1/2 cup strawberries, chopped
- Fresh raspberries, additional chopped strawberries, shredded coconut (optional)

Instructions

1. Combine milk and next 6 ingredients (milk through maple syrup) in a medium-size bowl and stir well.

Pour half of the oats mixture into jar or container with lid, add chopped strawberries, and top with remaining oat mixture. If desired, top with a few raspberries, chopped strawberries and coconut.

Cover and refrigerate overnight or at least 6 hours.

Source: <https://thedairyalliance.com/recipe/apple-pie-overnight-oats/> and <https://thedairyalliance.com/recipe/berry-coconut-overnight-oats/>