

Another Virus Running Through Your Home?

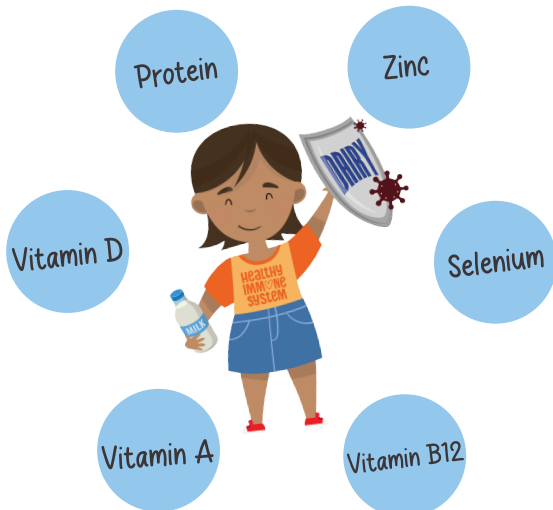


Smart Immune Health Habits

- Eating a healthy diet
- Getting enough sleep
- Regular exercise
- Managing stress



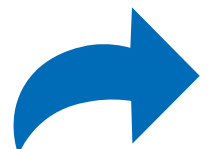
Nourish your family's immune systems with the nutrients in dairy foods



Immunity Shopping List

Enjoy milk, cheese and yogurt, vegetables, fruits, whole grains and lean proteins to nourish your family's immune systems.

- Dairy milk
 - Butternut squash
 - Whole grain pasta
 - Cheddar cheese
 - Canned pumpkin puree
 - Greek yogurt
 - Apples
 - Cinnamon
 - Pears
 - Black beans
 - Sweet potatoes
 - Chili powder
 - Peppers
 - Diced tomatoes
 - Lean ground meat or poultry
- Make butternut squash mac 'n cheese!
- Stir pumpkin puree into yogurt and use as a dip for sliced fruit!
- Make a veggie-filled chili and top with shredded Cheddar cheese and plain yogurt!



Parents are hungry to confidently nourish their children.

Download this toolkit to learn more about the scientific evidence on how dairy foods nourish brains, bones and bodies.

Dairy Every Day Is a Healthy Way to Nourish Brains, Bones, and Bodies

BACKGROUNDER



The first 1,000 days between pregnancy and a child's second birthday are a brief but important window of opportunity to nourish early brain development, help children learn to like healthy foods and set the stage for a lifetime of wellness. As they move through toddler and preschool years, it is imperative to solidify these healthy habits.

Dairy foods can be a nutrition solution for many families. Dollar for dollar, dairy foods are one of the most economical sources of nutrition, which is critical to help meet the nutritional needs of those disproportionately affected by food insecurity and chronic disease. In addition, they come in several textures and varieties, including lactose-free, to meet multiple taste, cultural and health needs. There's likely something even picky eaters will enjoy.

This guide provides evidenced-based background on how dairy foods help nourish brains, bones and bodies.

BRAIN HEALTH

STRONG BONES

IMMUNE HEALTH

GROWTH

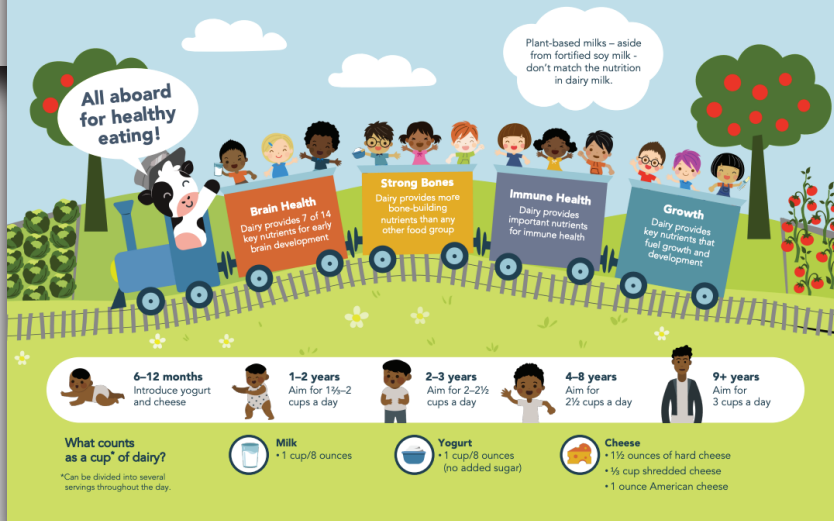
Note: Individuals are encouraged to obtain personalized health and medical advice from their pediatrician.

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Dairy Every Day is a Healthy Way

Dairy foods help healthy brains, bones and bodies grow.



Family handouts and office posters available in English and Spanish



Interested in staying up-to-date on dairy research, resources and recipes?
Scan here to join the Dairy Nourishes Network

