

EATING RIGHT FOR A HEALTHY WEIGHT

PRIORITIZE PROTEIN

at meals and snacks—aim for 20–35g of high-quality protein per meal to protect muscle mass during weight loss.

AIM FOR NUTRIENT-DENSE FOODS

to ensure you get all the necessary nutrients you need while eating less food.



FOCUS ON FIBER

with whole grains, legumes, and fruits & vegetables to help support cholesterol levels, control blood sugar, and keep you feeling full longer.

BOOST HYDRATION

by drinking at least 64 ounces of water daily to support digestion—plain milk is also a hydrating option that provides added nutrients.



LIMIT PROCESSED FOODS

by reducing the intake of sugary drinks, alcohol, refined carbohydrates and fried foods.

CONSUME SMALL, FREQUENT MEALS

to avoid eating too much at once—aim for 4–6 small meals or snacks throughout the day.



DAIRY SUPPORTS YOUR WEIGHT-LOSS JOURNEY

NUTRIENT-RICH & DELICIOUS

With protein, calcium, potassium and vitamin D to help provide all the nutrients you need.

AIM FOR 3 SERVINGS PER DAY

1 cup of milk, 1 ½ ounces of hard cheese and 1 cup of yogurt all count as 1 serving.

WHOLE, LOW-FAT, FAT-FREE—ALL DAIRY FITS

Research shows that consumption of dairy at a variety of fat levels may have protective effects against cardiovascular disease.



Pair Dairy for Healthy Snacks or Light Meals



Milk & Oatmeal



Cottage Cheese & Veggies



Yogurt with Fruit



Cheese & Apple Slices

Provided by local dairy farm families of Idaho, Oregon, Utah and Washington

Visit dairywest.com to learn more.