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# HEART HEALTHY TIPS

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- Start with Breakfast: Kick start your day with whole grain cereal, fruit and low-fat milk or yogurt.

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- Rethink Your Drink: Make low-fat plain or flavored milk your beverage of choice at meals.

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- Get Your Veggies: Try new vegetables with low-fat yogurt dip or topped with shredded cheese.

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- Mix it Up: Add extra vegetables and cheese to baked potatoes or homemade pizza.

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- More Fruit Please: Create a fruit smoothie by blending low-fat milk, yogurt and fresh fruit chunks.

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- Nourish Your Sweet Tooth: Try low-fat chocolate milk for a nutrient-rich beverage break.

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- Make Substitutions: Use low-fat milk in place of water when making oatmeal and grits.

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- Super Soups: Use low-fat milk in place of water and add extra vegetables to soups.

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- DASH on the Go: Enjoy low-fat milk, yogurt parfaits and string cheese at quick serve restaurants.

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- Be A Role Model: Encourage kids to make nutrient-rich choices at school including low-fat milk instead of soda, apples/carrots instead of chips, and yogurt for dessert.

