



Building a Healthy Lifestyle with Dairy Is Just a Click Away!

Check out these online nutrition resources to support your efforts in helping to ensure all Americans are healthy and well-nourished:

NationalDairyCouncil.org

National Dairy Council's online portal features the most up-to-date, science-based information on dairy, including research summaries, patient education materials, fact sheets, presentations, tool kits for download, great recipe ideas and more. Featured topic areas include child nutrition, bone health, lactose intolerance, whey protein and nutrient-rich foods, among others.

NDC's Blog: TheDairyReport.com

NDC's blog, *The Dairy Report*, serves as a forum for health and nutrition professionals to read about and share expertise, opinions and dialogue related to current trends and events in dairy foods, nutrition and science.

NDC's E-Newsletter: The Dairy Download

NationalDairyCouncil.org/PressandMedia/DairyDownloadNewsletter

NDC's bimonthly e-newsletter, *The Dairy Download*, offers information on the latest nutrition research, education resources, dairy recipes and more. Sign up to have *The Dairy Download* delivered directly to your inbox.

NDC's Research Examination: Dairy Council Digest

NationalDairyCouncil.org/Research/DairyCouncilDigestArchives

NDC's bimonthly publication Dairy Council Digest provides NDC's research-based perspective on a single dairy-related topic. Sample topics include "The Role of Protein in Satiety & Weight Management," "Child Nutrition: A Focus On Dairy Foods" and "Misperceptions Regarding Dairy Foods: A Review of the Evidence".

NutritionExplorations.org

NutritionExplorations.org is an NDC-funded destination offering school nutrition professionals, educators, and parents the latest in dairy and nutrition information, research, and tools to help them guide school-aged children in making healthy eating choices. Included is information on the New Look of School Milk in recyclable bottles, Expanding Breakfast, nutrition lessons and activities, and more.



FuelUpToPlay60.com

Fuel Up to Play 60 is a partnership between the National Dairy Council, National Football League and the U.S. Department of Agriculture. Fuel Up to Play 60 encourages the availability and consumption of nutrient-rich foods along with 60 minutes of physical activity daily, and shares the ambitious and attainable goals outlined in the First Lady's childhood obesity platform, Let's Move. Visit the Web site to learn more, and get a school in your community involved today!

NutrientRichFoods.org

The Nutrient Rich Foods Coalition is a partnership that brings together leading scientific researchers, health professionals, communications experts, and agricultural commodity organizations including NDC. The Nutrient Rich Foods Coalition Web site offers fast and reliable information, including research summaries, educational tools and meal ideas to help people eat the nutrient-rich way.



NATIONAL DAIRY COUNCIL®