

Nutrition

fact sheet

Healthy Weight with Dairy

What the Latest Science Says

Recently published studies in leading medical journals suggest a link between dairy consumption and lower body weight. In another study, overweight adults on a reduced-calorie diet that included at least three servings a day of dairy foods such as milk, cheese or yogurt lost more weight than those who consumed few dairy foods, or who took an equal amount of calcium from supplements. Current data indicates that calcium may play a role in the body's natural system for burning fat. Since dairy foods are more effective than calcium alone, more research is needed to identify what other components of dairy foods contribute to weight loss.

Healthy Lifestyles for Healthy Weight

Achieving a healthy weight is about three things: limiting the amount of calories in your diet, getting enough exercise and making smart food choices. Following a healthy lifestyle will improve your overall well-being and help you better manage your weight.

1. Limiting Calories

■ **Cut 500** – Studies show gradual weight loss improves success for

keeping extra weight off permanently. Your goal should be to lose no more than one to one-and-a-half pounds per week. To lose one pound in one week, you must burn 500 more calories per day than you need. One option is to split this amount between calories you burn during exercise and calories you reduce from your daily diet.

*How to cut 500 calories:**

Activities that burn approximately 250 calories

- Jogging for 25 minutes = 225 calories
- Swimming for 30 minutes = 230 calories
- Biking for 45 minutes = 233 calories

Foods with approximately 250 calories


- 1 small order of French fries
- 1 individual size bag of chips
- 1 medium cola drink (22 fl. oz.)

*Calorie burning estimates are based on an individual weighing 170 pounds.

■ **Make Calories Count** – Avoid loading up on empty calories. Milk, cheese and yogurt are nutrient-rich foods that naturally provide calcium, protein and other essential vitamins and minerals for good health. In an effort to reduce calories, be sure to enjoy low-fat or fat-free varieties often.

■ **Make Smart Choices** – Including dairy products in your weight-loss plan

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A growing body of research indicates that including three servings a day of milk, cheese or yogurt as part of a reduced-calorie eating plan will help you manage your weight. In an effort to reduce calories, be sure to enjoy low-fat and fat-free varieties often.

is a healthy, effective way to lose weight. While all dairy products can fit into a balanced diet, the dairy case has a wide variety of regular, reduced-fat, low-fat and fat-free products to choose from to meet personal preferences. Include at least three servings a day of milk, cheese or yogurt in your reduced-calorie eating plan.

2. Move a Little More

■ **Be a Calorie Burner** – Everyday activities such as walking and cleaning the house are important to losing extra pounds and maintaining a healthy weight. An increase in any type of daily physical activity that fits your lifestyle will help burn more calories. Thirty minutes on five or more days a week is all it takes. Find activities that you enjoy and involve the whole family.

■ **Body Mass Index (BMI)** is a tool for indicating weight status in adults – it is a measure of weight for height. Use the chart to determine your BMI and weight status. If you're overweight or obese, use the "Cut 500" guide to lose approximately one pound per week. Remember to discuss any changes in your eating plan with

a registered dietitian or your physician.

3. Eating Right

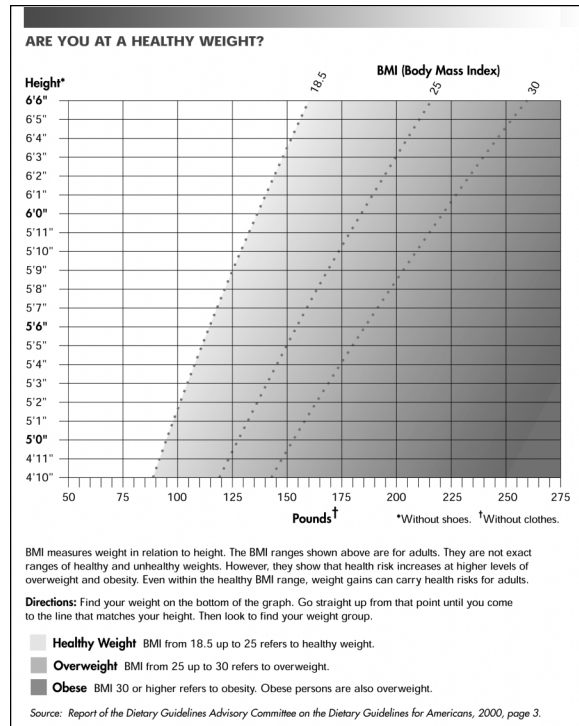
■ **Dear Diary** – Keeping a food journal or diary will help you monitor your weight loss plan. It makes you more aware of what you eat. Keeping a record of what you eat throughout the day may also help you control portion size and count calories, as well as feel good about planning more balanced and nutritious meals.

■ The following guidelines will help you determine standard dairy serving sizes.

One serving equals:

- Milk = 8 ounces or 1 cup
- Cheese, natural such as Cheddar, Mozzarella = 1–1.5 ounces
- Yogurt, plain or with fruit = 8 ounces or 1 cup

■ **Balance is the Key** – Stick to a healthy, balanced diet that includes a variety of naturally nutrient-rich foods from each food group including grains, fruits and vegetables, milk, legumes, fish, poultry or lean meat. Be sure to include at least the minimum recommended servings from the Food Guide Pyramid.



Boost your nutrient intake even more by combining foods that are naturally rich in nutrients. For example, top yogurt with sliced fresh fruit or berries. Blend fruit, juice and yogurt for a refreshing smoothie. Make fruit and cheese or veggie and cheese kabobs for a colorful snack.

■ **Before You Diet** – Consult a registered dietitian or physician when modifying your eating plan. A nutrition professional can create a personalized healthy eating plan that's best for you.

Information

The American
Dietetic
Association
Knowledge Center



For food and nutrition information or for a referral to a dietetics professional in your area call:

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Visit www.healthyweightwithdairy.com for tips, tools, recipes, and the latest science on dairy's role in weight management.