

MILK

We recommend including dairy in our meal plans to round out the plan's nutrition with high-quality protein, calcium, vitamin D, and potassium. Dairy provides the most concentrated source of calcium, essential for bone strength and osteoporosis prevention. Milk is fortified with vitamin D, supporting multiple aspects of health, and research has shown that dairy can also assist with weight-loss efforts.

DAIRY REQUIREMENTS FOR MEAL PLANS

1200 Calorie Plan: 2 servings of fat-free dairy

2000 Calorie Plans: 3 servings of low-fat dairy

WHAT COUNTS AS A DAIRY SERVING?

8 oz Milk

1/2 cup Cottage Cheese

6 oz of Fat-Free or Low-Fat Yogurt

1 oz Cheese



You can add these dairy servings to meals or have them as snacks between meals.

MILK ALTERNATIVES

Plant-based or Lactose-free alternatives are acceptable to use as a replacement. Look for alternatives that are higher in protein, have low or no added sugars, and are fortified with Calcium and Vitamin D.

- **Lactose-Free Milk:** Suitable for those with lactose intolerance, not a milk allergy. Nutritionally speaking, lactose-free milk is exactly the same as regular milk
- **Soy Milk:** Great plant-based substitute for milk as it's nutrition profile closely resembles cow's milk
- **Almond Milk:** Great option for cutting calories and carbs. It's creamy and thick texture is well liked. Almond milk contains very little protein but is fortified with vitamins and minerals and contains healthy unsaturated fats
- **Rice Milk:** Often recommended for those on a renal diet as it is lower in protein, potassium, and phosphorus. It is not as creamy as other non-dairy alternatives and has a neutral flavor
- **Coconut Milk:** Good option if your goal is creamy and sweet. It offers Vitamin D and vitamin B12 but contains little added Calcium. Can be higher in added sugars and as much saturated fat as Whole Milk
- **Oat Milk:** Similar in consistency as dairy milk but has half the amount of protein and is higher in carbohydrates and added sugar