

YOUR 3-a-DAY PLAN

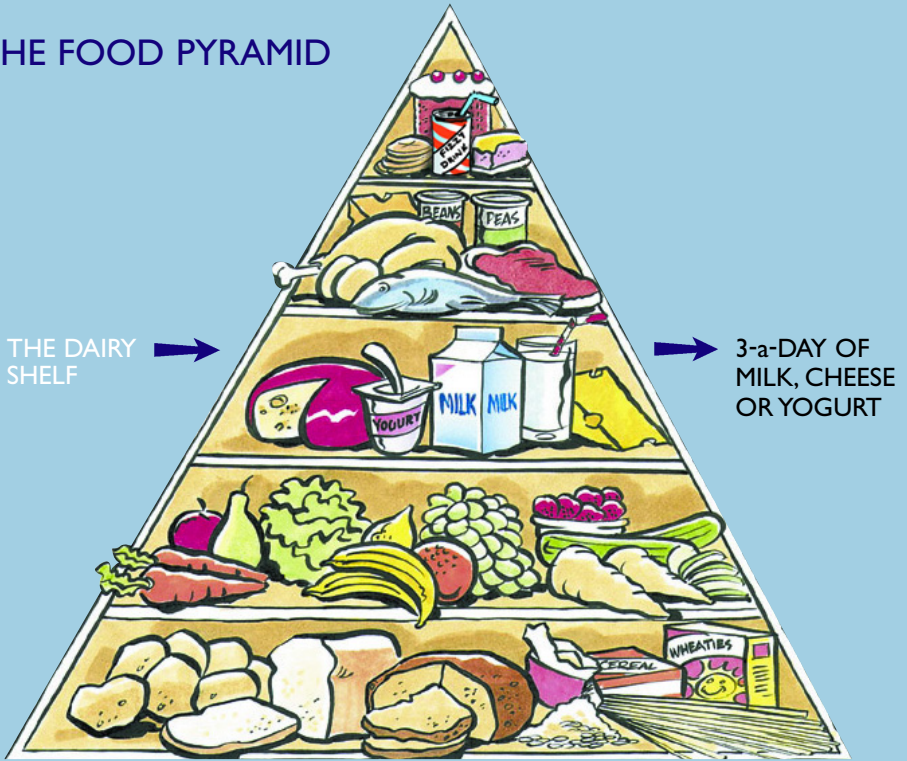
Stay in Shape



3-a-Day



THE FOOD PYRAMID



THE '3-a-DAY' HEALTHY EATING PLAN

Incorporating **3 servings** of milk, cheese or yogurt every day promotes long-term good health.

It can help prevent osteoporosis, lower blood pressure and promote a healthy body weight.

Compared to the recommended 3 daily servings of dairy, in Ireland women consume only 1½ servings and men only 2½.

YOUR 3-a-DAY PLAN

Choose any 3 servings every day

ONE SERVING:

- A glass of milk
- A carton of yogurt
- An ounce of cheese (matchbox-sized piece)

TASTY SERVING SUGGESTIONS:

- Cheese on crackers or on a baked potato
- A fruit smoothie
- Yogurt with fruit salad
- A slice of pizza or lasagne
- A milky cappuccino or hot chocolate
- White sauce on vegetables
- Custard or milk pudding
- Cheese board, with crackers & fruit

3-a-DAY FACT FILE

- 90% of the adult skeleton is formed by the age of 17, with the balance formed by the early 30's.
- Teenagers, pregnant women and breastfeeding mothers actually need 5 daily servings of dairy.
- 36% of Irish women consume less than the daily requirement for calcium. By the age of 50, 1 in 3 women and 1 in 5 men will be affected by osteoporosis.
- 3-a-Day is packed with tooth-friendly nutrients that protect teeth against decay and erosion.
- 3-a-Day, in combination with 5-6 portions of fruit and vegetables, can significantly lower blood pressure. The American Heart Association recommends this diet.
- Whole milk is 96.5% fat free and contains only 3.5% fat.

3-a-DAY FACT FILE

3-a-Day provides a unique package of nutrients that play an important role in health.

NUTRIENT	BENEFIT
Calcium	Healthy teeth and bones, healthy weight and blood pressure
Protein	Growth and repair
Vitamin B ₁₂	Blood and nervous system
Riboflavin	Healthy skin, energy release
Vitamin A	Eyesight
Potassium	Nerve and muscle function
Phosphorus	Energy release, strong teeth and bones
Magnesium	Heart and muscle function
Zinc	Immune function, healthy skin



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