

## Healthy Lifestyles – Marshfield Area Coalition’s Healthy Top Five

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you the “Top Five”. Check out these creative tips to jump-start your activity and increase your fruit and vegetable consumption. Enjoy!

### Five Fun Dairy Facts



June is Dairy month. Do you know your facts? Dairy products can provide essential vitamins, minerals and can help prevent certain diseases. But here are some things you maybe didn’t know.

1. Dairy products are a great source of calcium, potassium and magnesium. Studies indicate that these nutrients may help lower blood pressure.
2. Consuming three servings of low-fat dairy products as part of a healthy diet and exercise plan will help with weight loss and maintenance.
3. A one-cup serving of dairy is equal to 8 ounces of milk, 1 ½ ounces of cheese or 8 ounces of yogurt.
4. Studies indicate that the nutrients in chocolate milk help muscles recover faster following physical activity than other leading sports drinks.
5. Cheddar, Swiss, Blue and Monterey Jack cheeses have been shown to reduce the risk of dental cavities.



Source: [www.wisdairy.com](http://www.wisdairy.com)

*For more information about the coalition or to become a free member, contact the Marshfield Clinic Center for Community Outreach at 715-221-8400.*

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