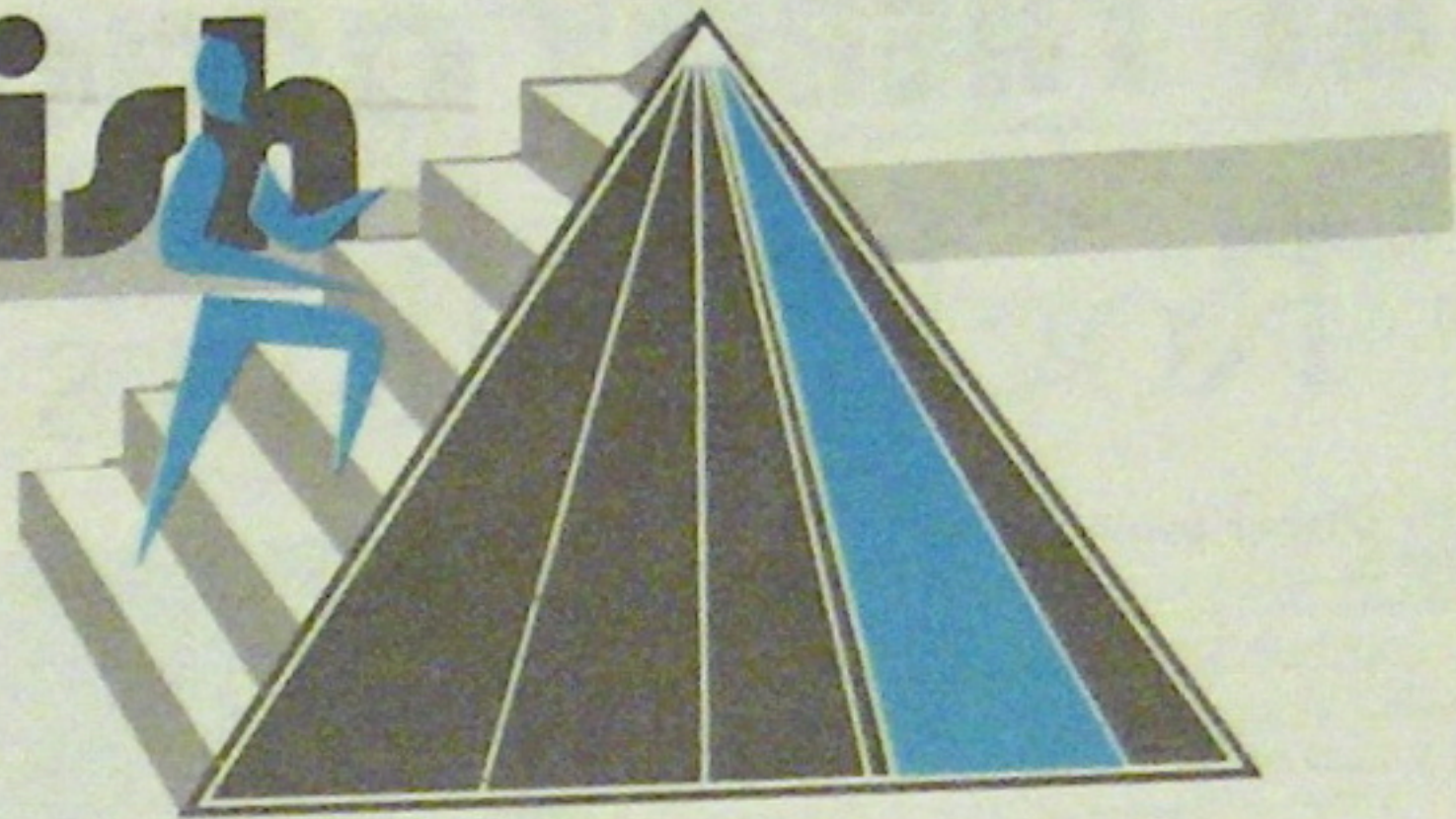


# the dish



## GOT MILK?

Dairy needs defined on pyramid can be met in several ways

By Maryjo Faith Morgan  
For the Surveyor

As a personal trainer at Berthoud Athletic Club, Tracey Olsen helps people incorporate changes in their lifestyles, such as regular exercise and a good eating program.

She has found that people who are successful in weight loss and/or weight maintenance programs have four things in common:

- 1) Journaling food intake (and reading labels)
- 2) Exercising (cardiovascular 30 to 60 minutes most days of the week)
- 3) Eating breakfast within a half hour of rising
- 4) Eating dairy foods, specifically three servings per day of non- or low-fat choices

If you look at MyPyramid.gov's "Inside the Pyramid," you will see a list with four distinct categories and lists: milk, cheese, yogurt and milk-based desserts to make your selection easier.

Either lactose-reduced milks or lactose-free milks may help those who

are lactose intolerant, and calcium fortified foods and drinks may provide calcium.

The list also reminds us that if we choose dairy products that are non-fat or reduced-fat, we need to count those fats as part of the discretionary calorie allowance for each day.

The same goes for sweetened products and the sugars they contain.

Although the new USDA MyPyramid lists dairy products as the main source for calcium, soy-based products and dark leafy green vegetables are also good sources, as are calcium fortified beverages and foods.

If you are in doubt that you are getting enough calcium daily, talk to your physician about dietary supplements. Children need to grow strong bones, and the rest of us want to avoid osteoporosis. We can do this.

Click on "Discretionary Calories" on the Web site to see the full story. In a nutshell, we need to pay attention to what we are eating, both in calorie density and portion size.

Once you know what a reasonable amount is, you will not need to measure and count all the time.

But it is a good idea to actually go through the exercise (pun intended) to truly familiarize yourself with measured portion amounts.

When we are aware, we can make daily choices that will ensure a healthier lifestyle. Portion control is key to maintaining healthy weight and nutrition levels.

## Milk Group Get your calcium-rich foods

Olsen suggests one cup of non-fat milk, plain no- or low-fat yogurt, light ice cream or frozen yogurt, or non-fat pudding as one way to get your calcium.

She also lists a half cup of one-percent fat cottage cheese, two-percent milkfat cheese (1.5 ounces) or one string cheese as good dairy sources.

It is fun to go online at mypyramid.gov and personalize your pyramid. If you do not have a computer available to you, call the USDA information hotline at 800-727-9540 or check with USDA partner agencies locally, such as county WIC and Food Stamp programs.

Berthoud librarian Pam Androulidakis says you can use the computer at the library and print pages for only 15 cents each. The library also has almost a dozen exercise tapes or DVDs to get you moving.

For more information about eating right and exercising, look at these resources:

- Request a free "Exercise Guide" and "Getting Fit for Life" pamphlets

by calling 800-222-2225 or mailing \$7 for video or DVD (featuring Margaret Richard) with guide to NIAIC, PO Box 8057, Gaithersburg, MD 20898-8057. (see National Institute on Aging at niapublications.org.)

- You can stay home and exercise too. Just set your alarm and exercise weekdays with Margaret Richard's exercise program "Body Electric" on Denver public television stations KBDI Channel 12 at 6:30 a.m. or KRMA Channel 6 at 5 a.m. Additional information is available at bodyelectric.tv.com

- Cindy Dallow, PhD, RD, may be contacted at 970-622-9997 by visiting partnersinnutrition.com.

**Note:** For your own safety, always consult your physician before starting any exercise or diet program.

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