



Building a Healthy Lifestyle with Dairy is Just a Click Away!

Check out these online nutrition resources to support your efforts in helping to ensure Americans – especially children – are healthy and well nourished:

Midwest Dairy Council

Midwestdairy.com

The Midwest Dairy Council is committed to providing credible, up-to-date research and dairy nutrition information to health professionals, consumers and the media. This site shares health news, free educational materials, dairy facts and recipes.



Dairy Makes Sense Dietitian Toolkit

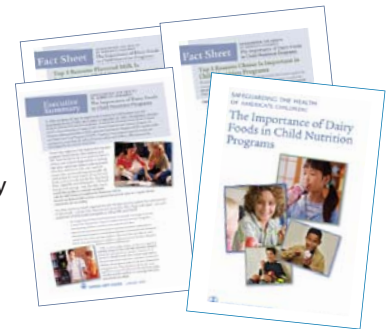
Dairymakesense.com

This online toolkit from the Midwest Dairy Council is designed to aid dietitians' interaction with media and consumers. Focusing on the importance of dairy's nutritional package, it includes resources for display materials useful for dairy demonstrations or events, comparison charts highlighting the nutrient value of dairy foods and nutritious dairy recipes. Login may be required. Username: dietitian, Password: nutritionval3.

Child Nutrition Health Education Kit

NationalDairyCouncil.org/ChildNutrition

A new National Dairy Council online toolkit that is a "one stop shop" for the latest information on child nutrition and dairy, including two science-based turnkey presentations, fact sheets, an advertorial, a white paper on the importance of dairy foods in child nutrition programs and a report on school milk.



Fuel Up To Play 60 Youth Program

FuelUpToPlay60.com



A partnership of the National Dairy Council and National Football League, Fuel Up To Play 60 is designed to engage, incent and reward more than 36 million youth nationwide for choosing nutrient-rich foods and getting more physical activity. Get a school in your community involved today!

Achieve Better Health with Nutrient Rich Foods Resource Guide

NutrientRichFoods.org

Developed by the Nutrient Rich Foods Coalition, the resource guide provides a look at the science and consumer research behind the Nutrient Rich Foods approach - a positive way of eating that focuses on the complete nutrient package of a food, shifting the focus from foods to avoid to foods to enjoy. To locate the resource guide on NutrientRichFoods.org, click on "For Health Professionals."



Dairy Blog

TheDairyReport.com



A new blog from the National Dairy Council that serves as a forum for health and nutrition professionals to read about and share expertise, opinions and dialogue related to current trends and events in dairy foods, nutrition and science.

Keep up with Midwest Dairy using your favorite social media sites. Search for Midwest Dairy to become a Facebook fan or follow @MidwestDairy on Twitter. We look forward to connecting with you online!