

# Simple Ways to Get to 24-oz Everyday

To get the weight loss benefits of milk, drink three glasses of milk a day—or 24 ounces in 24 hours—as part of a reduced calorie diet. And, 24 ounces isn't that much to drink—it's about the same as a medium-sized sports drink or soda.

Each morning, fill a 24-ounce portable container with lowfat or fat free milk and you'll quickly see how easy it is to incorporate milk into your day. To obtain your own 24-ounce milk container, visit [www.2424milk.com](http://www.2424milk.com). And, below are some simple suggestions to get you started:



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By-pass the bagel and have a bowl of cereal and fat free milk instead.



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Craving chocolate? Grab a carton of chocolate milk for a satisfying snack.



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Milk your dessert. Whip up a batch of pudding or custard made with lowfat milk for an after-dinner treat.



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Whip up hot cocoa made with milk. For a double dose of chocolate, try chocolate milk!



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Need an afternoon boost? Enjoy a fruit smoothie made with fat free milk.



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Oatmeal and other hot cereals can be tastier and more nutritious by adding milk instead of water.



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Make soups with milk. Substitute milk for water when preparing your next bowl of tomato or cream of broccoli soup.



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Instead of black coffee, sip on a cappuccino or latte.

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**Drink milk with your meals.**

Just one 8-oz. glass at breakfast, lunch and dinner helps you get 24 ounces in 24 hours.

milk  
your diet. } Lose weight!<sup>SM</sup>  
24 oz. } 24 hours

For additional ways to milk your diet, including a sample 7-day menu plan developed in conjunction with the American Dietetic Association, visit [www.2424milk.com](http://www.2424milk.com). You'll find recipe ideas, helpful tips and additional health information on the importance of making milk your beverage of choice!