

4 tasty ways to power your day with protein

Written by Dairy Makes Sense
Friday, 05 April 2013 09:09

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Along with your sneakers, dairy plays an important role in your spring training. Whether you and your family are gearing up for little league season, a triathlon or 5K, dairy's unique nutrients — including protein — can fuel your bodies along the way.



Protein Power

Protein is a powerhouse nutrient for our bodies. Not only does it help us feel fuller longer, it also protects muscles after we work out and as we age. Dairy foods are a tasty, convenient and cost-effective way to power up with protein throughout the day. On average, one serving of milk, cheese or yogurt provides 8 grams of high quality protein.

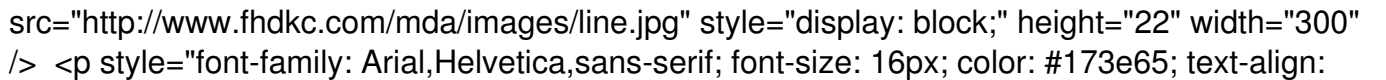
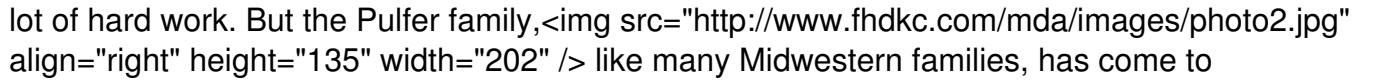
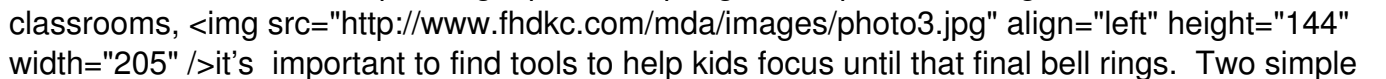
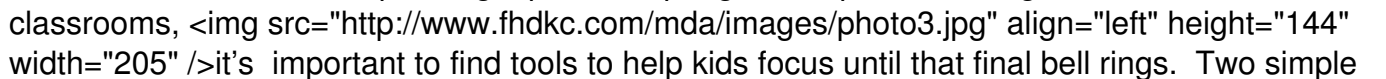
[Learn four simple ways to get your daily recommended servings of protein.](http://fleishman.us2.list-manage.com/track/click?u=d5e5ff331344f99b30cee30fe&id=33f6fe19e1&e=c93aa3dc67)



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 **Farmers on the Moo-ve**  Managing two dairy farms and 3,800 cows requires a lot of hard work. But the Pulfer family,  like many Midwestern families, has come to understand the importance of balancing work with healthy eating and exercise. [Learn how this family of six has made running a family affair on their farm and logged more than 150 race miles along the way.](http://fleishman.us2.list-manage.com/track/click?u=d5e5ff331344f99b30cee30fe&id=f6a0537851&e=c93aa3dc67) **A Cure for Spring Fever** As spring fever spreads throughout Midwest classrooms,  it's important to find tools to help kids focus until that final bell rings. Two simple solutions: breakfast and exercise! A new study reports students who eat breakfast have better attention and memory, and after 20 minutes of exercise, brain activity improves.