

M&F's Dairy Directions

THIS TABLE SHOWS THE MACRONUTRIENT CONTENT OF A VARIETY OF DAIRY PRODUCTS AND INSTRUCTS YOU WHEN — AND WHEN NOT! — TO EAT THEM

DAIRY PRODUCT	NUTRITIONAL INFORMATION	EAT THIS...
Whole Milk (8 oz.)	146 calories, 8 g protein, 11 g carbs, 8 g fat	Sparingly; never immediately before or after workouts, unless mixed with whey protein
Reduced-Fat (2%) Milk (8 oz.)	122 calories, 8 g protein, 11 g carbs, 5 g fat	Never immediately before or after workouts, unless mixed with whey
Low-Fat (1%) Milk (8 oz.)	102 calories, 8 g protein, 12 g carbs, 2 g fat	Anytime; add whey pre- or postworkout as well as chocolate syrup postworkout
Fat-Free Milk (8 oz.)	83 calories, 8 g protein, 12 g carbs, 0 g fat	Anytime; add whey pre- or postworkout as well as chocolate syrup postworkout
Cheddar Cheese (1 slice)	113 calories, 7 g protein, 0 g carbs, 9 g fat	Sparingly
Low-Fat Cheddar Cheese (1 slice)	49 calories, 7 g protein, 1 g carbs, 2 g fat	Good way to boost the protein content and taste of scrambled eggs or a sandwich
Parmesan Cheese (1 oz., grated)	121 calories, 11 g protein, 1 g carbs, 8 g fat	In moderation
Cottage Cheese (8 oz.)	232 calories, 28 g protein, 6 g carbs, 10 g fat	On low-carb days, particularly before bedtime
Low-Fat (1%) Cottage Cheese (8 oz.)	163 calories, 28 g protein, 6 g carbs, 2 g fat	Before bedtime
Fat-Free Cottage Cheese (8 oz.)	123 calories, 25 g protein, 3 g carbs, 1 g fat	Anytime you need a protein boost — even as part of your pre- or postworkout regimen
Low-Fat Plain Yogurt	143 calories, 12 g protein, 16 g carbs, 4 g fat	Anytime as a snack (add whey to boost protein content) or to add protein to a meal
Fat-Free Plain Yogurt (8 oz.)	127 calories, 13 g protein, 17 g carbs, 0 g fat	Anytime as a snack (add whey to boost protein content) or to add protein to a meal
Low-Fat Fruit Yogurt (8 oz.)	225 calories, 9 g protein, 42 g carbs, 3 g fat	Anytime on higher-carb days (add whey to boost protein content)
Fat-Free Fruit Yogurt (8 oz.)	213 calories, 10 g protein, 43 g carbs, 0 g fat	On higher-carb days or postworkout (add whey to boost protein content)