

Food \$ense



Wisconsin Nutrition Education Program

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UW
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Moo...ove Over to Dairy

Why Are Dairy Products SO Important in our Diet?



Milk, cheese and yogurt are naturally nutrient-rich foods providing calcium, potassium, and other minerals, vitamins, and protein necessary for growth and development. No matter if you're 2 or 62, research proves that dairy products have wonderful health benefits.

Consuming milk and milk products has been proven to reduce the risk of low bone mass throughout the life cycle. This may reduce the risk of osteoporosis which can lead to bone break in older adults. The intake of milk products is especially important to bone health during childhood and teen years, when bone mass is being built.

Calcium is used for building bones and teeth and in maintaining bone mass. Milk products are the primary source of calcium in our diets.

Potassium helps to maintain healthy blood pressure. It also keeps our muscles working well. Milk products, especially yogurt and liquid milk, are great sources of potassium.

Vitamin D functions in the body to maintain proper levels of calcium and phosphorous, which helps to build and maintain bones. Milk that is fortified with Vitamin D is a very good source of this nutrient.



It is important to make fat-free or low-fat choices from the milk group for children over the age of two. Choosing foods from the milk group that are high in fats and cholesterol can have health risks, so limit the amount of whole milk and milk products high in fats.

MyPyramid suggests that we have three cups of milk, or equivalent, every day after age 8.

What foods are included in the milk group? All liquid milk products and many foods made from milk are considered part of this food group. Whole, fat-free (skim), low-fat (1%), reduced fat (2%), and flavored milk, such as chocolate and strawberry, fit into this group. Pudding made with milk, frozen yogurt and ice cream are also delicious milk treats!

Always remember to avoid raw (unpasteurized) milk or any products made from unpasteurized milk. They may contain harmful bacteria and make you sick.

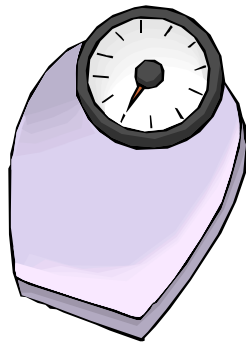
As parents, set good examples for your children by enjoying milk with your meals. Make snack time fun with your children by making great smoothies! Try fun recipes with your children using yogurt, cheese and other milk products.

Go to www.mypyramid.gov for personalized nutrition information and great recipes!

Watching Your Weight?

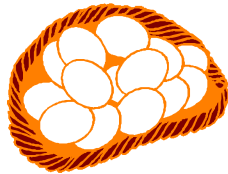
You can still fit milk group foods into your diet.

- Use plain, low-fat, or fat-free yogurt or cottage cheese (pureed in a blender) as a sour cream substitute.
- Drink thick, creamy buttermilk, or use it in smoothies. Even with its “buttery” name, buttermilk is usually made from fat-free or low-fat milk.
- Use evaporated, fat-free milk instead of cream in coffee, on cereal, whipped as a topping, and in recipes calling for cream. Although it’s light yellow in color, evaporated fat-free milk has a creamy texture and less fat than cream.



Sure-To-Please Baked Eggs and Cheese

- 1 tablespoon oil
- 6 eggs
- ½ cup fat-free milk
- ½ cup low-fat grated cheese
- 1 teaspoon garlic powder
- 1½ teaspoons oregano



1. Preheat oven to 350 degrees.
2. Put oil in medium baking dish or small cake pan and heat in oven a few minutes.
3. In a bowl, beat remaining ingredients. Pour into hot pan.
4. Bake 20 minutes or until eggs are firm. Serve immediately.

Note: 4 eggs plus 4 egg whites can be used instead of 6 eggs to reduce fat and cholesterol.

This low cost dish can be used for breakfast, lunch or as a main dish for supper! For breakfast, serve with whole wheat toast and orange juice. For supper, raw veggies and dip, along with applesauce and milk, would make this recipe a very healthy meal.

MyPyramid Tips for Calcium Every Day

- **Fit** calcium-rich foods into meals and snacks: milk on cereal, cheese on a sandwich, yogurt dip with veggies, coffee “au lait” or “con leche” (with milk) or caffe latte, shredded cheese on soup or salad, or cottage cheese as a side dish. Try flavored milk (chocolate, strawberry, other flavors).
- **Snack** on dairy foods: perhaps yogurt, milk, or cheese cubes. For dessert, try frozen yogurt or pudding. Carry single portions of pudding for lunch or a snack.
- **Start** your day with dairy: yogurt or yogurt-fruit smoothie with breakfast.
- **Buy** a milk jug or carton with deli or fast food.
- If you’re lactose intolerant: **look** for lactose-free and lower-lactose alternatives, such as hard cheese and yogurt, or take lactose enzyme capsules or tablets before eating milk products.
- If you avoid dairy foods: **choose** calcium-fortified foods (soy beverages, cereal, breads, and rice drinks); some are vitamin D-fortified, too. Choose other non-dairy foods that contain more calcium: canned salmon or sardines with edible bones, some leafy greens (collard or turnip greens, kale, bok choy), some dried beans or soy yogurt.

Adapted from American Dietetic Association Complete Food and Nutrition Guide 3rd Edition

Quick Tip: Physical Activity and Bones

Eating enough high-calcium foods and being active are the two best ways to keep our bones strong. Weight-bearing activity, like walking, is important for strengthening our bones, as well as for weight management and overall good health!

Dairy Do's and Don'ts

You open the fridge, take out the cottage cheese, check for fur, and if there isn't any, you give it a sniff. This is definitely **not** the approved method of checking for freshness. Checking the food label for the date stamped on a dairy product's package helps you use the product at its best quality. This is not, however, a safety date.

Milk has a "sell by" date. A "sell by" date tells the store how long to display the product for sale. Some milk products have a "Best if Used By" date. This date is recommended for best flavor or quality. You should buy the product before the date expires. If you won't be using all of it right away, check the dates to buy the freshest container. You may need to reach near the back of the store shelf!

Even if the date expires during home storage, a product should be safe. That is, if it has been handled properly and kept at 40° or below. Take dairy foods home immediately and refrigerate. Foods can develop an off odor, flavor or appearance due to bacteria spoilage. If your dairy products develop these characteristics, you should not use them. If foods are mishandled, bacteria can grow and cause foodborne illness, before or after the date on the package.



Orange Banana Frosty

2 servings

1 small frozen banana, cut into chunks
½ cup plain low-fat yogurt
½ cup orange juice

1. Put all ingredients in a blender and mix well.
2. Add more liquid if you want the drink thinner.

Try serving this as a snack, or for a speedy breakfast.



Dear Sue Keeney...

Meet Sue Keeney--your source of research-based information about nutrition and health! Readers of all ages like Sue's practical tips on eating for good health, stretching the food dollar & more!

Dear Sue Keeney,

My doctor has told me that I'm lactose intolerant because I can't digest the sugars in milk. How can I get more calcium in my diet?

Noah Darey



Dear Noah,

Try drinking smaller amounts of milk and have milk with your meals. Yogurt and cheese are high-calcium dairy products that may cause less stomach problems.

Try drinking a cup of calcium-fortified orange juice at breakfast. Read labels to find cereals fortified with calcium.

Canned sardines and salmon are good sources of calcium—if you eat the bones!

Dark greens, like turnip greens and kale, are high in calcium. Tofu can be a good source of calcium. Be sure to read the label.

It's best to get your calcium from foods, but a calcium supplement (with vitamin D) might be helpful.

Sue Keeney

Set a Goal: What is one thing you can do this week to get more calcium-rich foods in your meals? Write your goal here:

Getting the Most for your MOOLA –

How do you get the most for your money when buying dairy foods?

Look at the label, not the lid – When shopping for fluid milk, check the label to select low-fat or fat-free milk. Store brands and national brands often have different color lids for the same type of milk. Fat-free and low-fat milk products contain the same amount of calcium without the excess fat and calories. Low-fat or fat-free milk costs less than whole milk!

When shopping for milk, compare grocery store prices with convenience or discount chain prices – Often, milk prices

are lower at discount chains and some convenience stores. Purchasing milk at these locations may save you 20¢-40¢ per gallon!



Buy the largest container of milk you can use by the date on the container – Some stores allow you to purchase milk in a “twin pack” at a reduced cost compared with purchasing the gallons individually. However, if you wouldn’t use a gallon of milk by the date and some of it goes to waste, you may save money buy purchasing only a half gallon.

Kids in the Kitchen...

Tropical Fruit Dip



2 cups fat-free sour cream
1 cup fruit-flavored yogurt (strawberry, blueberry, peach, etc.)
4 tablespoons (about 1/2 of 3.5 ounce package) vanilla instant pudding

1. Combine sour cream, yogurt and dry pudding in medium mixing bowl.
2. Mix well and chill.
3. Serve with canned or fresh fruit pieces or thin pretzel sticks.

Buy blocks of cheese and slice or grate it yourself – Buying pre-sliced or shredded cheese can cost more. Hard or semi-hard cheese can be frozen. Cut in 1/2 –1 pound blocks. Wrap in plastic wrap and put in freezer bags. Grated cheese can be stored in air-tight containers. After freezing, cheese may become crumbly, so it works best for cooking. Use frozen cheese within 4 to 6 months. Thaw cheese in the refrigerator and use soon after thawing.



WNEP education is supported by the USDA Food Stamp Program, FoodShare Wisconsin, UW-Extension and local partners. Food stamps can help provide a healthy diet. To find out more about food stamps, call 608 723-2136. To learn more about the Wisconsin Nutrition Education Program in Grant County, please contact:

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