

# Food \$ense



Wisconsin Nutrition Education Program

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## Inside the Pyramid: Get Your Calcium-Rich Foods

The best dietary sources of calcium are foods found in the milk group — milk, cheese, and yogurt. Consuming an average of three cups a day of low-fat dairy products will help keep bones strong. Studies show that calcium offers many other health benefits and may play an important role in reducing the risk for high blood pressure and obesity.

Most adults need 3 cups of milk every day and children ages 2-8 should get at least 2 cups. One cup of milk is equal to:

- 1 cup fluid milk
- 1½ ounces of hard cheese (cheddar, Swiss, mozzarella)
- ⅓ cup shredded cheese
- 2 cups cottage cheese
- 1 cup yogurt
- 1 cup pudding made with milk
- 1½ cups ice cream

### Fitting Dairy into Your Diet

It's easy to fit milk into your daily diet. Try these tips for making wise choices from the milk group:

- ◆ Instead of whole milk, switch gradually to fat-free milk
- ◆ Include low-fat or fat-free milk as a beverage at meals
- ◆ Have fat-free or low-fat yogurt as a snack
- ◆ Make your favorite pudding with fat-free or low-fat milk

- ◆ Top casseroles, soups, stews, or vegetables with low-fat cheese
- ◆ Use nonfat dry milk powder in cooking
- ◆ Make your own pizza by topping an English muffin or pita bread with pizza sauce and cheese; bake until cheese is bubbly and muffin is golden brown.

### Milk Alternatives

For those who avoid milk because of lactose intolerance, choose lactose-free alternatives like cheese, yogurt, and lactose-free milk. Calcium choices for those who choose not to consume milk include calcium fortified foods like juice, cereal, and bread. Other calcium rich foods include canned salmon (with bones), soybeans and leafy greens like spinach and kale.

### *Kids in the Kitchen*

#### Orange Frosty

- 1 (6 oz.) can frozen orange juice concentrate
- 2 cups milk
- 1 tsp vanilla
- ¼ cup sugar
- 10-12 ice cubes

Blend the juice concentrate, milk, sugar and vanilla in blender container for 10-15 seconds on low speed.

Add 1-2 ice cubes at a time and blend on high speed until mixture is frothy and all ice cubes are blended in.

Makes a great cooler for a hot summer day!

## Quick Tips For Instant Nonfat Dry Milk

For mixing and measuring of nonfat dry milk:

- Combine water and powder in a jar with a tight-fitting lid and shake it,
- Or, mix it in a pitcher,
- Refrigerate it before drinking for better flavor.

$\frac{1}{3}$  cup instant nonfat dry milk powder + 1 cup water = about 1 cup nonfat milk

$1\frac{1}{3}$  cup instant nonfat dry milk powder +  $3\frac{3}{4}$  cups water = about 1 quart (4 cups) nonfat milk

After mixing the milk, some people prefer to combine it with fresh, fluid milk. Others add a pinch of sugar, a few drops of vanilla, or chocolate syrup to help family members adjust to the slight difference in flavor.

- In cooked cereal: Add 3 tablespoons of nonfat dry milk powder to each  $\frac{1}{2}$  cup of dry cereal (such as oatmeal, Cream of Wheat, or Malt-O-Meal). Use the same amount of water that is called for in the package directions when cooking the cereal.
- In milkshakes: For a thicker and more nutritious milkshake, add 1 or 2 tablespoons of nonfat dry milk powder.
- In coffee or tea: Substitute nonfat dry milk powder for non-dairy creamer for more calcium and no fat.
- In soups: Add  $\frac{1}{2}$  cup nonfat dry milk powder to one can (10  $\frac{3}{4}$  ounce) of soup plus a can of water.
- In mashed potatoes: Add 1 cup of nonfat dry milk powder for each 4 servings.



## Cauliflower-Cheese Soup

$\frac{3}{4}$  cup water  
1 cup cauliflower, chopped  
1 cup potatoes, peeled and cubed  
 $\frac{1}{2}$  cup celery, finely chopped  
 $\frac{1}{2}$  cup carrots, diced  
 $\frac{1}{4}$  cup onion, chopped  
 $\frac{1}{4}$  cup margarine  
 $\frac{1}{4}$  cup all-purpose flour  
3 cups milk  
salt and pepper to taste  
4 ounces shredded cheese

1. In a large saucepan, combine water, cauliflower, potatoes, celery, carrots and onion. Boil for 5 to 10 minutes or until tender. Set aside.
2. Melt margarine in separate saucepan over medium heat. Stir in flour and cook for 2 minutes. Remove from heat and gradually stir in milk.
3. Return to heat and cook until thickened.
4. Stir in vegetables with cooking liquid and season with salt and pepper.
5. Stir in cheese until melted and remove from heat.
6. Serve with a roll and a salad.

Serves 4.



*Information taken from Powder Power! Washington State Dairy Council*



## 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,

*I am on the WIC Program and enjoy the healthy foods I get to feed my children. Sometimes though, I have extra cheese left over at the end of the month, and I don't want it to go to waste. What can I do?*

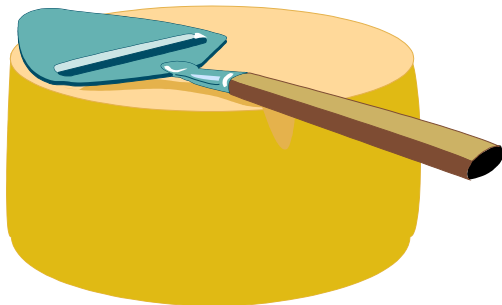
Colby Freese

Dear Colby,

You may want to consider freezing your left over cheese. Hard or semi-hard cheese can be frozen for up to six months. Cut the cheese in ½ to 1 pound sizes, wrap in plastic wrap and then put in freezer bags. Another way would be to grate the cheese and put it in freezer bags or rigid freezer containers.

After freezing, the cheese may be discolored, crumbly and mealy, but it will retain its flavor and nutritional value. It works best for cooking or crumbled in salads.

Thaw frozen cheese in the refrigerator and use soon after thawing.

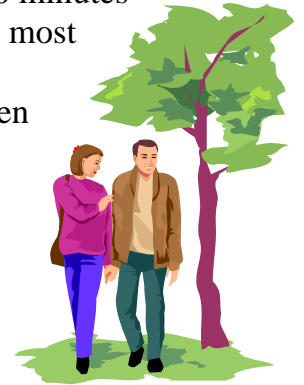


## Step For Strong Bones

Osteoporosis, the gradual loss of bone strength, can lead to breaks, hospitalization, and disability. What we do and eat now will affect our chances of getting osteoporosis when we are older.

Eating and drinking calcium-rich foods are ways to keep our bones strong. A balanced diet with plenty of fruits and vegetables also helps. It is also important to be active. Bone density is related to how much weight bearing activity we get daily. Walking is a great weight bearing activity. Non weight-bearing activities like swimming or riding a bike are good for our muscles, but not as helpful for strengthening bones.

Aim to accumulate at least 30 minutes of moderate physical activity most days of the week, preferably daily. Even if we haven't been active for a while, walking more can, gradually and safely, make bones stronger. Choose activities that you enjoy and that you can do regularly.



It is also important to protect bones and joints. Good shoes reduce stress on the bones of feet, knees, and even hips and spine. An athletic or an everyday shoe should fit well, have low heels, support the arch of the foot, fit snugly over the top of the foot (with straps or ties), and should be well cushioned.

Using the right shoes can help avoid pain and discomfort in joints, and prevent falls and injuries. If our feet are comfortable when we walk, we'll walk more!

## Would You Like to Save Hundreds of Dollars?

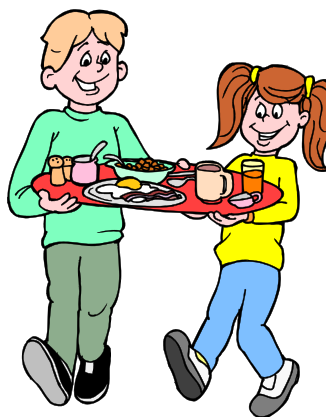
The National School Lunch and Breakfast Programs offer healthy and nutritious school meals to children from low and moderate-income families. The programs are designed to give families on tight budgets assistance with paying for school meals.

The same meals offered to children through the free or reduced meal programs are offered to children who purchase meals at the full price. Children who qualify for free or reduced price meals are not singled out or publicly identified in any way.

Besides the nutritional and economic benefits, school meals can improve your child's attention and test scores, and reduce their illnesses and absences. The school district can qualify for certain government grants for all students, based on the results of the forms submitted by parents.

For families qualifying for reduced price meals, the cost is only 30¢ for breakfast and 40¢ for lunch, adding up to hundreds of dollars in savings over the 9-month school year. Information is sent to parents before the start of every school year, but parents can apply anytime during the school year by contacting the school office.

The table below shows income limits for different household sizes. If you have farm income that fluctuates monthly, use an average monthly income from your last tax return.



Contact your school office for more information.

Income Limits 7/1/06 to 6/30/07

Household Size	1	2	3	4	5	6	7
Monthly Income Limit for FREE MEALS	\$1,062	\$1,430	\$1,799	\$2,167	\$2,535	\$2,904	\$3,272
Monthly Income Limit for REDUCED-PRICE MEALS	\$1,511	\$2,035	\$2,560	\$3,084	\$3,608	\$4,132	\$4,656

WNEP education is supported by the USDA Food Stamp Program, UW-Extension and local partners. Food stamps can help provide a healthy diet. To find out more about FoodShare in Marquette County, call 608-297-7550. This newsletter is provided to you as a collaborative effort between the Marquette County UW-Extension Nutrition Education Program and the Marquette County Commission on Aging. For more information on either of these programs, please contact:



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