

Milk Matters!

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Why Milk?

- Reduces the risk of osteoporosis (bone loss). Calcium in milk builds and strengthens bones to prevent the weakening of your bones as you age.
- Provides a good source of nine essential nutrients (calcium, vitamins A, D, and B12, protein, potassium, riboflavin, niacin, and phosphorus).
- Calcium, potassium, and magnesium found in milk, combined with a diet low in fats and sodium has been linked to reducing blood pressure.



How Much Milk Do You Need A Day?

- Children ages 2-8 should consume **2 cups** of food from the milk group each day, while everyone else (males and females) should consume **3 cups**.
- **Fat-free milk** has the same nutrients as other milks, but contains no fat!
- To prevent a possible milk allergy in children, allow cow's milk products only after 1 year of age.



What Foods are included in the Milk Group?

- **All fluid milk:** skim, 1%, 2%, whole, flavored, and lactose free or reduced
- **Milk-based desserts:** pudding, frozen yogurt, ice cream
- **Cheese:** Hard (parmesan), soft (cottage), processed cheeses (American)
- **Yogurt:** Fat-free, low-fat, reduced fat, whole milk



Check it Out!

Adults over the age of 19 should consume between 1,000 and 1,200 milligrams of calcium a day.

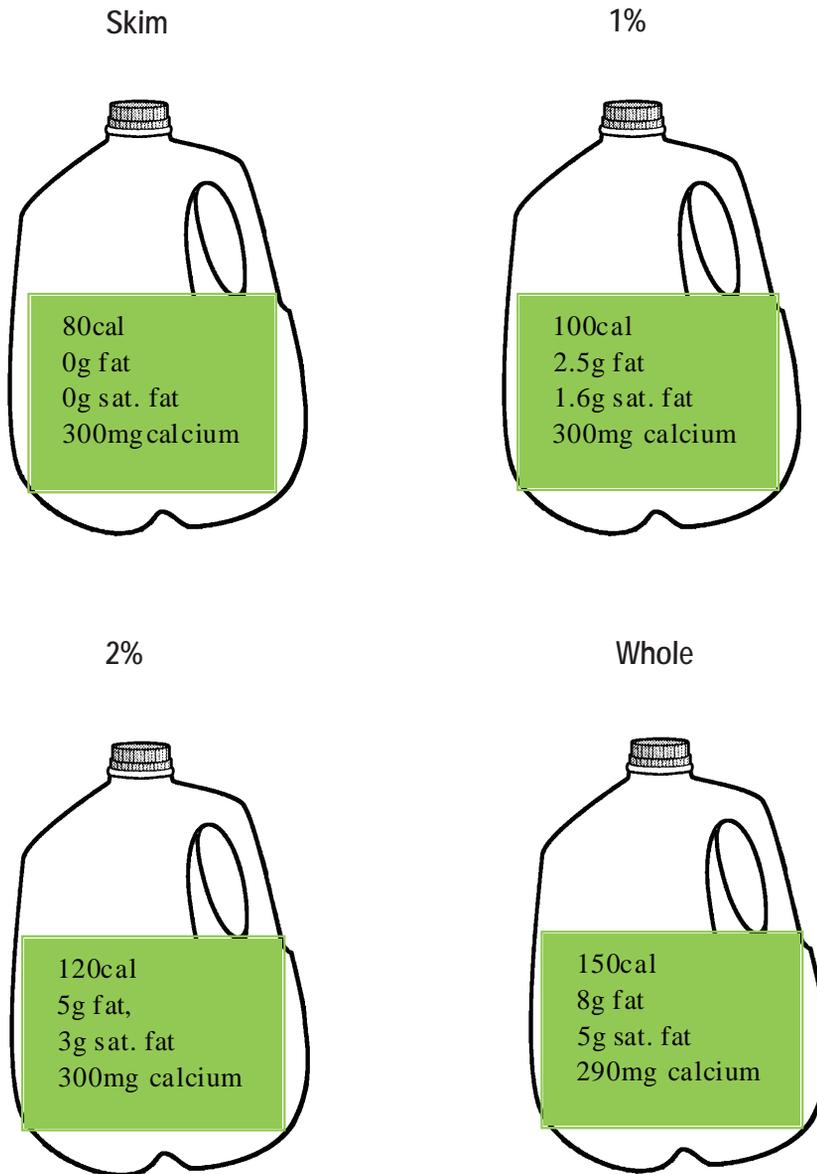
What Counts as a Cup of Milk?

1 cup of milk or yogurt = 1½ oz natural cheese = 2oz processed cheese = 1/3 cup shredded cheese = 2 cups cottage cheese

Facts about Fat in Milk

- 2% milk has 61% as much fat as whole milk.
- Drinking one cup of whole milk a day for one year is equal to having 96 bars of butter.
- 1 gram of fat equals 9 Calories.
- Whole milk has 8 grams of fat per cup, which means that almost half of the 150 calories in one cup of whole milk is fat!
- One cup of skim milk has 80 calories and has no fat!

Calories, Fat, Saturated Fat and Calcium in a Cup of Milk in Different Varieties of Milk



Fat and Saturated Fat in one YEAR with only 1 cup of milk a day!

Type of Fat	skim	1%	2%	Whole
Fat (g)	0	913	1,825	2,920
Saturated fat (g)	0	584	1,095	1,825

- Fat-free (skim) and low-fat (1% or 2%) milk, milk products, or equivalent milk products are recommended instead of whole milk for children 2 years of age and older.

TIP OF THE DAY

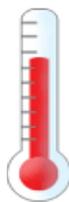
Try low-fat or fat-free yogurt topped with your favorite berries and granola for a great start to your day!

Tips for a healthier you.....

- Use fat-free or low-fat condensed milk when making creamy soups.
- Check labels of dairy products for fat content before buying them.
- Gradually switch from whole milk to low-fat milk to skim milk.
- Spend less! Try **nonfat dried milk**: Mix 2/3 cup of dried milk with one quart of water. Add vanilla extract for extra flavor.
- Prepare pudding with low-fat milk (see Rice Pudding recipe on the next page).

Keep your food safe!

If dairy products have been left out for more than **2 hours** (temperatures above 40°F), throw them out.



When Milk Upsets You

- If drinking milk or eating foods made from milk upsets your stomach or gives you skin rashes, you may be lactose intolerant or have a milk protein allergy.

How do I know if I am lactose intolerant?

Your doctor can run tests to see if you are lactose intolerant or if you have a milk protein allergy.

What can I do?

Talk with your doctor or dietitian about milk substitutes (lactose-free milk, soymilk, or alternative milk products).

References

United States Dept. of Agriculture:

http://www.fns.usda.gov/tn/Resources/DGfactsheet_milk.pdf

My Pyramid.gov:

http://www.mypyramid.gov/pyramid/milk_tips.html

National Dairy Council:

<http://www.nationaldairycouncil.org/nationaldairycouncil>

American Academy of Pediatrics,

<http://www.aap.org/>

Rice Pudding

Ingredients:

- 1 cup of skim milk
- ¼ cup of white rice
- 1 cup of water
- 1 ½ tsp of light brown sugar
- 1 cinnamon stick
- ¼ tsp of cinnamon powder
- 1 small sliced lime/lemon
- 8 raisins



Preparation Instructions: Place rice, water, milk, sugar, and cinnamon stick in a small saucepan on medium heat for 15 minutes. Swirl occasionally and then leave for 5 minutes on low heat or until rice is tender. Serve in a small cup and decorate with raisins, lime and cinnamon powder. Refrigerate or eat warm.

Makes 1 serving

Nutrient Analysis: 336 calories, 71g of carbohydrates, 11.3g of proteins, 0g of total fat, 0g of saturated fat, 0mg of cholesterol, 5g of fiber, 130mg of sodium, **338mg of calcium**.

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