

Milk Group

Choose foods high in calcium.



Dairy foods like milk, cheese and yogurt are rich in calcium, protein, and vitamins to help build strong bones and teeth. Eating dairy foods can lower your risk of developing a disease called osteoporosis that occurs when bones become weak and break easily. Calcium also keeps your nerves, heart, and muscles healthy, and may help regulate your blood pressure. Calcium from dairy foods may also help you reach or maintain a healthy weight. For good health, children over the age of 8 and adults should aim for **3 cups** of milk or foods that are equal to one cup of milk each day. Children 8 years and younger need 2 cups of milk or foods that are equal to one cup of milk each day. Are you reaching this goal every day? **Try to choose low-fat or fat-free dairy foods, such as 1% or skim milk and low-fat or fat free cheese and yogurt, most of the time.**

What Counts as a Cup of Milk?

- 1 cup of milk
- 8 ounces of yogurt
- 1 ½ ounces hard cheese (cheddar, mozzarella, Swiss, parmesan)
- 1/3 cup shredded cheese
- 2 ounces American cheese (about 3 slices)
- 2 cups cottage cheese
- ½ cup evaporated milk
- 1 cup pudding made with milk
- 1 cup frozen yogurt
- 1 ½ cups ice cream (about 3 scoops)



Tips for Buying Milk, Cheese, and Yogurt

- Buy cheese in bulk and freeze in 1/2 pound pieces or less. Wrap the pieces in plastic wrap, put in plastic baggies, and freeze. Use frozen cheese within 4 to 6 months.
- Look at the Nutrition Facts panel on the label of different brands of yogurt. Choose the yogurt with the least amount of sugar per serving.
- Check the “sell by” dates on milk and yogurt. If milk has been kept cold (40°F or below), it will usually stay fresh for 2 or 3 days after the “sell by” date. If yogurt has been kept cold, it will usually stay fresh for up to a week after the “sell by” date.

Know how. Know **now**.



Healthy Bones



Bone health is important, no matter how old you are. Calcium is an important nutrient for building strong bones and preventing osteoporosis, a disease in which bones become weak and break easily. Eating calcium-rich foods and doing weight-bearing physical activities, such as walking, jumping rope, volleyball, basketball, and lifting weights, are important for keeping bones strong.

Tips to boost your calcium intake:

- Drink low-fat or fat-free milk at meals.
- Drink cocoa made with milk instead of coffee or tea.
- Make hot cereals with milk instead of water.
- Make dried and canned soups with milk instead of water.
- Add non-fat dry milk powder to soups, stews, and casseroles.

Tips to boost calcium intake if you cannot or do not like to eat dairy:

- Choose lactose-free foods such as lactose-free milk, cheese and yogurt.
- Choose calcium fortified juices, breads, cereals, soy and/or rice milk.
- Choose other foods that contain calcium such as sardines, dried beans, and some leafy green vegetables (collard and turnip greens, kale, bok choy).

Ice Cream in a Bag

Makes 1 serving



1 Tablespoon sugar
1/4 teaspoon vanilla extract
1-2 Tablespoons soft fruit
1/2 cup skim or 1% milk

The following 2 ingredients go in the outer bag:
1/3 cup rock salt
Ice cubes

1. Put sugar in a pint size plastic baggie that zips. Add vanilla and soft fruit. Seal the bag tightly. Mix well by squeezing with your fingers, until everything is combined.
2. Open your bag. Add milk. Seal the bag again and mix until everything is combined.
3. Open a gallon size plastic baggie that zips, and put 1/3 cup rock salt into it. **NOT IN THE SMALL BAG!** Fill the gallon bag half-way full with ice cubes.
4. Put the pint bag inside the gallon bag and seal the gallon bag tightly. Shake the bag for 3-5 minutes, or until the liquid has changed to ice cream. Eat with a spoon.

Nutrition Information per Serving (made with 2 Tablespoons strawberries): 100 calories, 0 g fat, 0 g saturated fat, 0 mg cholesterol, 50 mg sodium, 20 g carbohydrates, 0 g fiber, 20 g sugar, 4 g protein, vitamin A 6%, vitamin C 20%, calcium 15%, iron 0%

Sources: Virginia Cooperative Extension “Calcium: Build Strong Bones”; “55 Ways to Save at the Grocery Store,” and UNL Cooperative Extension Lancaster County <http://lancaster.unl.edu/food/ciqo.htm>, <http://mypyramid.gov>, United States Department of Agriculture, June 2005.