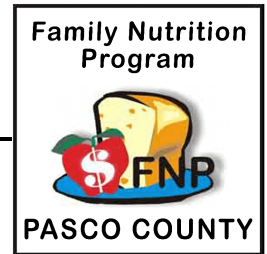


Family Nutrition Program in Pasco

Nutritious Nibbles of Information

July 2009



Moove to Low-Fat Milk

The Right Milk at the Right Age

Breast milk is best for a baby's first year and may be continued even longer. For babies who are not breastfed, an iron fortified formula is recommended until they reach 12 months/1 year old. The year between 1 and 2, toddlers are still rapidly growing and need the fat in whole milk. After that, children 2 years through adulthood should "moove" to Low-fat (1%) or fat-free (skim) milk. Milk is only part of a well-balanced diet. Improving food choices promotes a healthy eating practice that will help people live longer, healthier and more active lives.



Reasons to Make the Switch

Drinking low-fat or fat-free milk (as well as other low-fat dairy products: cheese, yogurt, etc.) can reduce calorie intake, help reduce risk of developing obesity/diabetes, heart disease/stroke, hypertension, and keep bones and teeth strong.

Nutrients in Milk

Milk is a great source of calcium, protein, vitamins and minerals. Vitamin D and calcium exist in the same amounts whether it be a glass of whole, 2%, 1% or fat-free milk, but 1% and fat-free have less fat and fewer calories. Over your life span, you need these vitamins and minerals to grow, build, and maintain your bones!



Compare These Four 8-oz. Glasses of Milk (1 cup)

Whole (3.5%) 160 calories 8 grams fat 8 grams protein <u>% Daily Value</u> 30% calcium 25% Vitamin D	Reduced (2%) 130 calories 5 grams fat 8 grams protein <u>% Daily Value</u> 30% calcium 25% Vitamin D
Low Fat (1%) 110 calories 2.5 grams fat 8 grams protein <u>% Daily Value</u> 30% calcium 25% Vitamin D	Fat Free (0%) 90 calories 0 grams fat 8 grams protein <u>% Daily Value</u> 30% calcium 25% Vitamin D

As you can see above, the percent of fat can be confusing!

The easiest way to make the change is to do it gradually. Start by using reduced fat milk. Then change to low fat. Finally, try fat free. Encourage your family to drink their milk instead of soda, sports drinks, or fruit drinks.

What Counts as a One Cup Serving?

- 1 cup low-fat milk
- 1 cup yogurt
- 1 ½ ounces natural cheese
- 2 ounces processed cheese



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call toll-free 1-866-762-2237 or visit www.dcf.state.fl.us/ess. This institution is an equal opportunity provider and employer.

Low-Fat or Fat-Free Dairy Foods Include:

Low-fat (1%) milk or fat-free milk
Low-fat flavored milk
Low-fat or fat-free yogurt
Low-fat or fat-free cheese

Reduced fat and part skim dairy products are not low in fat. For a product to be labeled "low fat," it may only contain 3 grams or less of fat. Read the label. Look for the words: low-fat, light, fat-free, or skim.

Some people have trouble digesting the sugar/lactose in milk. This condition is called lactose intolerance. For some, this can be reduced by eating some milk products such as yogurt, cheese, or by drinking milk along with other foods.

How to Get More Milk in Your Day and Into Family Meals

Milk can be used in soups, puddings, as a beverage, and in coffee. Here are some sample recipes to try at home.

RECIPES:

Moolicious Banana Pudding

Makes 8 cups

Ingredients:

1 ½ cups low-fat milk
1 small box banana cream or vanilla instant pudding
1 container (8 oz.) whipped topping
1 box vanilla wafers
4 medium, ripe bananas



Directions:

1. Remember to wash your hands.
2. Add pudding to cold, low-fat milk and whisk in a medium bowl or shake in a covered container for about 2 minutes.
3. Fold in whipped topping.

In 8 individual cups, layer vanilla wafers (whole or crushed), sliced bananas, and pudding. Repeat layers.

Hint: Let children crush vanilla wafers in a zip-type bag with a rolling pin or side of can. Add a whole wafer on top.

Source: *Kansas State University*

Heart-Healthy Yogurt Parfaits

Makes one serving



Ingredients:

Crunchy cereal or granola
Low-fat vanilla yogurt
Blueberries, strawberries, bananas or other fruits

Directions:

In a clear cup or glass, layer the following:
Cereal
Yogurt
Berries or other fruits

Tropical Smoothie

Makes 4 one-cup servings



Ingredients:

1 cup calcium-fortified orange juice
1 cup low-fat vanilla yogurt
1 cup frozen, unsweetened strawberries
1 ripe banana

Directions:

1. Put juice and yogurt in blender.
2. Add strawberries.
3. Peel the bananas, break into pieces and add to blender mixture.
4. Blend mixture on high speed for 45 seconds or until creamy and smooth.
5. Serve and enjoy!
6. Store leftovers in a jar in refrigerator.

Song to Sing With Your Children

(sung to the tune of London Bridge)



Did you have your milk today?

Three glasses we must drink today (hold up 3 fingers)
To build strong bones and teeth. (Touch wrist bone and front teeth)

We like milk and lots of cheese
Cottage cheese! Cheddar cheese!
We like yogurt anytime, and —
Mix me a milkshake, please!

For more information, contact Betsy Crisp, MS, LD,
UF/IFAS - Pasco County Extension, 36702 State Road 52
Dade City, FL 33525-5198.
Phones: (352) 521-4288; (727) 847-8177;
(813) 996-7341, Ext. 4288