

Food \$ense

Wisconsin Nutrition Education Program

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“Mooove” to Low-Fat or Fat-Free Milk

Foods we eat on a regular basis can affect our health. When we eat a diet high in saturated fat, it increases our chances of getting heart disease, diabetes, and cancer or of having a stroke. It also makes us more likely to be overweight.

There's one simple thing you can do to have a healthier diet: choose low-fat (1%) or fat-free (skim) milk. They taste great and have the same good nutrition as higher fat milks with less fat!



When you “mooove” to low-fat or fat-free milk, you decrease saturated fat. This is the type of fat that increases your chance of having heart disease. **Heart disease** kills more men and women in this country than any other disease!

The *Dietary Guidelines for Americans* recommends that we keep our intake of saturated fats, trans fats and cholesterol low.

Choosing low-fat or fat-free milk is a great way to meet this goal. Also, “moooving” to low-fat or fat-free milk can help you maintain a healthy body weight—another guideline that is critical for good health.

Milk gives us important nutrients such as calcium, potassium, and Vitamin D. Vitamin D occurs naturally in only a few foods, but has been fortified (added) to most milk in the U.S. One cup of milk contains about 30% of the recommended Daily Value of calcium and Vitamin D.

Most people can't tell the difference between low-fat and reduced-fat (2%) milk, or between 2% and whole milk! In fact, many people who try fat-free milk enjoy its light, refreshing taste. Why not make a “mooove” to better health today?

Source: *University of Illinois at Chicago*

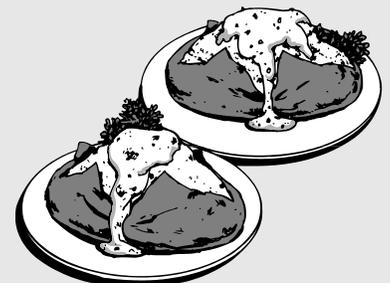
Baked Potato with Cheesy Vegetables

Cheesy and loaded with vegetables—Yum!

Makes 8 servings

- 2 cups chopped broccoli
- 1 cup chopped onion
- 1 cup finely chopped carrot
- 2 Tablespoons margarine
- 2 Tablespoons flour
- 1 1/2 cups low-fat or fat-free milk
- 1 cup reduced-fat shredded cheddar cheese
- 8 baked potatoes

1. Cook broccoli, onion and carrot in a small amount of water until tender. Drain and set aside.
2. In a saucepan, melt margarine and stir in flour. While stirring, slowly add milk.
3. Continue stirring and cook until sauce thickens. Add cheese and stir until it melts. Add vegetables.
4. Serve over hot baked potatoes.



Source: *Kids a Cookin' (K-State Research & Extension)*

Got Milk Money?

Spending wisely in the dairy aisle means buying the most calcium for your dollar.

The least expensive way to get the recommended three servings of dairy foods is by purchasing fluid milk (milk you drink). Low-fat (1%) or fat-free (skim) milk generally costs less than whole or reduced fat (2%) milk but has just as much calcium, vitamin D and other nutrients.

Compare prices at several stores to find the best buy on milk, yogurt and cheese. As you shop, make note of prices so you know where to get good buys.

Keep an eye out for milk specials at local grocery stores. Convenience stores, big-box stores, and dollar stores also may have good prices on milk.



Look for generic brands no matter where you shop. They're packed with the same nutrients as name brands, and are produced following the same guidelines. All that's missing is the heavier price tag.

Buy only the amount of milk, yogurt and cheese that your family can eat before it spoils. Throwing away food is like throwing away money.

Source: *Spend Smart Eat Smart*

Keep It Safe

Follow these tips to keep your milk safe to drink:

- **Check the "Sell-By" date.** A "sell-by" date tells the store how long to display the product for sale. You should buy the product before that date.
- **Refrigerate promptly.** Take the milk product home immediately after purchase and refrigerate it. If the product is allowed to get warm, bacteria grows more rapidly. If properly refrigerated, between 32°F and 40°F, milk can keep for one week.
- **Store milk on the refrigerator shelf.** Don't store milk in the door of your refrigerator. The temperature in the door compartments can vary from time to time.
- **Keep it cold.** If milk has been out of the refrigerator for two hours or more at room temperature, it should be thrown out.
- **Avoid unpasteurized (raw) milk.** Food safety experts strongly recommend that milk be pasteurized to kill bacteria that may cause food-borne illness.



Source: *USDA Food Safety & Colorado State University Extension*

Fruit Kabobs and Yogurt Dip

Create your own fun combinations!

Makes 6 servings

- 2 small fruits of your choice, such as apple, pear, clementine orange, banana, kiwi, or grapes
- 1 can (8-ounces) chunk pineapple
- 1 container (6 or 8-ounces) low-fat fruit flavored yogurt
- 1 to 2 Tablespoons light or fat-free whipped topping

Try different flavors of low-fat yogurt to change the taste.

1. Wash fruit by gently rubbing under clean running tap water. Peel bananas, oranges, and kiwi.
2. Drain pineapple juice into a bowl.
3. Cut fruit in wedges or chunks. Dip fruit that turns dark (such as apples and bananas) in the pineapple juice.
4. Thread fruit on skewers or toothpicks. Arrange on a platter.
5. Stir together the yogurt and whipped topping. Pour into a bowl for dipping.



Source: *Iowa State University Spend Smart Eat Smart*

Calcium Counts!

Foods in the Dairy Group are good sources of bone-building calcium. **The best Dairy Group choices are ones that are fat-free or low-fat.** These foods include:

- Low-fat (1%) or fat-free (skim) milk
- Low-fat cheese
- Low-fat or fat-free yogurt, plain or without a lot of added sugar
- Desserts made with low-fat or fat-free milk—puddings, frozen yogurt, and ice cream
- Calcium-fortified soymilk (soy beverage)



Some foods made from milk have little to no calcium. Cream cheese, sour cream, and butter are low in calcium and high in saturated fat. Their use should be limited.

Calcium content can be found toward the bottom of the Nutrition Facts label. Reading the food label is an easy way to find out how much calcium is in one serving of food. The label lists % Daily Value (%DV) for calcium in each serving. Try to get 100%DV of calcium each day.

Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	
Vitamin A 6%	• Vitamin C 4%
Calcium 30%	• Iron 0%
Vitamin D 25%	•

Many food packages include a claim about the calcium content—

- An EXCELLENT SOURCE of calcium contains 20% of more of the calcium %DV.
- A GOOD SOURCE of calcium contains 10% to 19% of the calcium %DV.
- A CALCIUM FORTIFIED or CALCIUM ENRICHED food has 10%DV or more of calcium added to the food.

Sources: MyPlate.gov and U.S. Food and Drug Admin.



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!

Submit your question to Sue Keeney at fyi.uwex.edu/foodsense/ask-sue-keeney/

Dear Sue,

I know that low-fat and fat-free milk are healthier than whole and 2% milk, but my family just doesn't like their taste. Are there any ways to make the switch easier?

Drew A. Blank

Dear Drew,

Change is hard for everyone, but making small steps in your diet can have big health rewards.

Here are some suggestions to help your family accept the change to low-fat (1%) or fat-free (skim) milk.

- Gradually changing the type of milk you drink is easier on the taste buds. For example, if you drink whole milk, try reduced-fat (2%) milk. After some time, switch to low-fat milk and then try choosing fat-free milk.
- Start using low-fat milk while cooking or preparing foods. Try using low-fat milk in oatmeal, soups, puddings, or on cereal.
- Do a blind taste test of the different types of milk at home with your family. See if they can tell the difference.
- Talk to your family about the health benefits of low-fat and fat-free milk (see page 1). Their support is important for success.

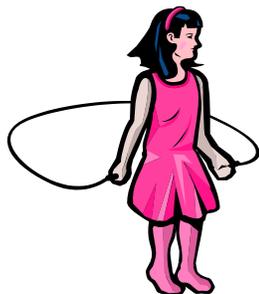
Sue

Source: Wisconsin WIC Program

Building Strong Bones

Foods in the Dairy Group aren't the only thing needed to keep our bones strong and healthy. Weight-bearing activities that create force or pressure on bones helps them grow and become stronger. This force commonly happens by impact with the ground. These activities help build strong bones:

- Running
- Weight Lifting Exercises
- Jumping
- Walking
- Skipping
- Sports such as gymnastics, basketball, volleyball, or tennis



These activities are not only good for your bones but help strengthen your muscles, heart and lungs. Children and adolescents should include bone-strengthening physical activity on at least three days of the week.

Source: 2008 Physical Activity Guidelines for Americans

Kids in the Kitchen...

Try making this fun summer snack. This individual-size pudding is great for adults and kids!



Shake Your Pudding

A quick and easy snack!

Makes 1 serving

1/2 cup cold low-fat or fat-free milk
2 Tablespoons dry instant sugar-free chocolate pudding (other flavors work too)

1. Measure milk into a glass measuring cup and pour milk into a small plastic container with a tight fitting lid.
2. Add instant pudding. Snap on lid and shake for 30 seconds. Pudding will set up after a few minutes. Refrigerate if served later.

Source: Kids a Cookin' (K-State Research & Extension)

GOAL: Make the switch to a low-fat (1%) or fat-free (skim) Dairy Group food. What will you try?

MyPlate Tip
Try low-fat or fat-free milk.



WNEP education is supported by the USDA Supplemental Nutrition Assistance Program (SNAP), UW-Extension, FoodShare Wisconsin, and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare, call 715-395-1304 or go to <http://access.wisconsin.gov>. To learn more about the Wisconsin Nutrition Education Program in your county, please contact:

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