



Nutrition News

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TIPS FOR USING NON FAT DRY MILK POWDER

Non fat dry milk has all the nutrition as regular fluid milk - calcium, vitamin D, vitamin A, B-vitamins, protein and more - and NO FAT! Unopened packages can be stored for up to a year. After opening keep it in the original container in a cool dark place. Once it is mixed with water, treat it like fresh milk - in the frig for five to seven days. To make milk, combine water and powder in a jar with a tight fitting lid and shake it. Or, mix it in a pitcher. After mixing the milk, some people prefer to add fresh, fluid milk. Others add a pinch of sugar, a few drops of vanilla extract or chocolate syrup to help family members adjust to the slight difference in flavor. For best flavor refrigerate it before drinking.

HOT CHOCOLATE MIX

2 cups nonfat dry milk powder
1/3 cup cocoa
2/3 cup sugar
dash salt

Combine all ingredients and store in airtight container. To use: put 1/4 cup mix in cup. Gradually stir 6 oz hot(not boiling) water into mix.

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Say Yes!! to Milk

Milk, yogurt and cheese are the best sources of calcium for your body. The 2005 Dietary Guidelines and MyPyramid suggest you have about 3 cups of low fat or fat free milk or its equivalent every day.

Why Milk For Growing Bones?

Milk and other dairy foods are a great source of calcium. Calcium is important for the health of your bones. In fact, your bones provide a kind of "storage depot" for calcium. When you don't get enough calcium in your diet, your body takes calcium from your bones, leaving tiny pores. Over time, these tiny pores weaken your bones. They are more likely to break. Milk is also a good food source of vitamins A, D and riboflavin (one of the B vitamins).

How Much Calcium Do I Need?

Most people need to eat plenty of good sources of calcium for healthy bones all through life. For children and teens ages nine through eighteen, the goal should be 1300 mg of calcium daily. People over the age of 50 need 1200 mg of calcium per day. To help you reach your goal, the calcium content of some foods is listed in the table on the next page.

Smart Dairy Choices

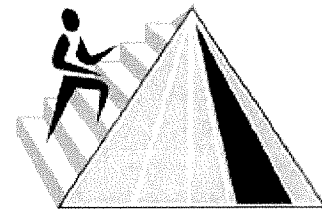
Choose low-fat or fat free dairy foods to avoid eating too much fat. Select dairy products with little sugar to keep your teeth healthy and to avoid extra calories.

What is equal to 1 cup of low fat or fat free milk?

- 1 cup of low fat or nonfat yogurt.
- 1.5 ounces natural cheese like mozzarella (choose low fat or fat free).
- 2 ounces processed cheese like American cheese (choose low fat or fat free).

These foods have no fat or very little fat and sugar. Choose them often.

- Non-fat dry milk
- Skim milk or low-fat milk
- Low-fat or non-fat cottage cheese
- Non-fat sour cream
- Pudding (made with nonfat milk and calorie-free sweetener)
- Low-fat or nonfat yogurt
- Fat free evaporated milk



Milk Group

Get your calcium-rich foods

MyPyramid.gov

These foods have some fat or sugar or both. Choose them sometimes.

- Cottage cheese (regular fat)
- Parmesan cheese
- Frozen yogurt
- Pudding (made with sugar and whole milk)
- Whole milk
- Low fat evaporated milk

These foods have more fat or sugar or both. Choose them **less often**.

- American cheese
- Colby cheese
- Cream cheese
- Ice cream
- Sour cream
- Sweetened condensed milk

Don't Let Dairy Products Make You Sick

Dairy products are an important part of a healthy diet. Follow these food safety tips when buying and storing dairy products:

- Store milk in the refrigerator at 40° F or lower.
- Throw out milk one week after opening.
- Keep yogurt refrigerated and use it within 7 to 14 days.
- Opened cream cheese can be stored safely for 2 weeks in the refrigerator.
- Keep hard cheeses such as cheddar or Swiss tightly wrapped in the refrigerator for up to 3 to 4 weeks after opening, or for 6 months, unopened.
- Cottage cheese and ricotta cheese will keep safely for 1 week in the refrigerator.

Older adults, pregnant women and young children should avoid raw (unpasteurized) milk and any foods made from it.

How Much Calcium is in Your Food?

Food	Calcium, mg
1 c. nonfat milk	306
1-1/2 oz. cheddar or Muenster cheese	307
2 oz. processed cheese	438
1-1/2 oz. part skim mozzarella cheese	311
1/2 c. ricotta cheese, part skim	335
1 c. plain low fat yogurt	452
1 c. fruit yogurt	345
1/2 c. ice cream	88
1/2 c. chocolate pudding (made with nonfat milk)	133
3 oz. salmon, with bones (canned)	180
1/2 c. broccoli, raw	17
1/2 c. broccoli, cooked	31
1/2 c. turnip greens, cooked	126
1/2 c. collard greens, cooked	179
1 c. dry beans, cooked	90

c=cup oz=ounce

Which Milk?

Check the Nutrient Facts panel on milk cartons to find the benefits. You'll see several nutrients that everyone in your family needs.

- Calcium and vitamin D for your child's growing bones and teeth. These same nutrients help your bones stay healthy.
- Protein for building a growing body. It also keeps your body in good repair.
- Vitamin A for healthy eyes and skin.

The fat in milk increases from 'none' to 'some' to 'a lot' when you check the Nutrition Facts panel on fat free milk, 1% milk, 2% milk, and whole milk. Your child will get the same amount of bone-building calcium no matter what type you pick. Low-fat milk has less fat. If you prefer, look for fat-free (skim) milk which has no fat and all the good nutrients.

Offer milk or water to satisfy thirst. Your child needs plenty of fluids to stay healthy.

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