

Nutrition News

JR Lowell Elementary School Parent and Child Newsletter
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This month's issue of **Nutrition News** takes you inside the Milk Group of the USDA's MyPyramid.

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What's in the milk group?

All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group, while foods made from milk that have little or no calcium, such as cream cheese, cream and butter, are not. Most milk choices should be low-fat or fat-free.

The amount of food you need to eat from the milk group depends on your age.

Recommended Daily Servings*

	Age	Amount
Children	2-3	2 cups
	4-8	2 cups
Girls	9-13	3 cups
	14-18	3 cups
Women	19-30	3 cups
	31+	3 cups
Boys	9-13	3 cups
	14-18	3 cups
Men	19-50	3 cups
	51+	3 cups

*See page 2 for what counts as a cup

Did you know.....

...that the holes in Swiss cheese are caused by the expansion of gas within the cheese curd during the ripening period.

... that the natural yellow color of butter comes from the beta carotene found in the grass that cows eat.

... it takes 41 cups of milk to make 1 pound of butter (4 sticks).

... cows can smell something up to 6 miles away.

...the term "big cheese" originally referred to those who were wealthy enough to purchase a whole wheel of cheese.



What counts as a cup of milk?

1 8 ounce container of yogurt
= 1 cup of milk

1 snack size container of yogurt (4 ounces)
= $\frac{1}{2}$ cup of milk

1 $\frac{1}{2}$ ounces of hard cheese: cheddar, mozzarella,
Swiss, parmesan (size of 2 9 volt batteries)
= 1 cup of milk

1/3 cup of shredded cheese
= 1 cup of milk

1 slice of processed cheese (American)
= 1/3 cup of milk

$\frac{1}{2}$ cup ricotta cheese
= 1 cup of milk

1 cup of cottage cheese
= $\frac{1}{2}$ cup of milk

1 cup of pudding made with milk
= 1 cup of milk

1 cup of frozen yogurt
= 1 cup of milk

1 $\frac{1}{2}$ cups of ice cream
= 1 cup of milk



Tips for making wise milk choices....

- Include milk as a beverage with meals.
- If you usually drink whole milk, switch gradually to fat-free milk to lower saturated fat and calories. Try reduced fat (2%), then low-fat (1%), and finally fat-free (skim).
- If you drink cappuccinos or lattes-ask for them with fat-free (skim) milk.
- Have low-fat or fat-free yogurt as a snack.
- Make a dip for fruits or vegetables with yogurt.
- Make fruit-yogurt smoothies in the blender.
- For dessert make chocolate or butterscotch pudding with fat-free or low-fat milk.
- Top a baked potato with low-fat shredded cheese.
- Add low-fat or skim milk instead of water to oatmeal.

Why is it important to make fat-free or low-fat choices from the milk group?

Choosing foods from the milk group that are high in saturated fats and cholesterol can have health implications. Diets high in saturated fats raise "bad" cholesterol levels in blood. The "bad" cholesterol is called LDL (low-density lipoprotein) cholesterol. High LDL cholesterol levels increase the risk of coronary heart disease. Many cheeses, whole milk and products made from them are high in saturated fat. To help keep blood cholesterol levels healthy, limit the amount of these foods you eat or choose the low-fat and fat free versions of these foods.

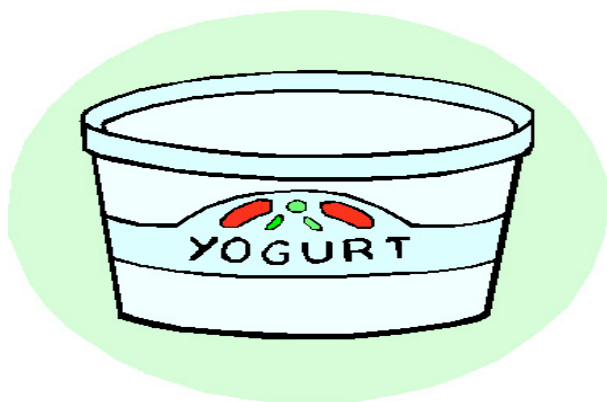
Milk Spotlight: Yogurt

Yogurt is a dairy product produced by bacterial fermentation of milk. It is thought that yogurt was first found as a way to preserve milk as early as 2000 BCE in Middle Eastern civilizations. Legend has it that a traveling nomad kept some milk in a goatskin bag hung across his camel. After traveling in the hot sun with the constant agitation of his bag during his travels, the milk was transformed into the first yogurt.

As with all dairy products, yogurt is a naturally rich source of many nutrients including calcium, vitamin D, potassium, protein and several of the B vitamins. Yogurt also has health benefits beyond those of milk: the presence of probiotics. Probiotics can be defined as live bacteria which are beneficial to human health by maintaining a good bacterial balance in your intestinal tract.

Uses: Yogurt can be used in dips, sauces, smoothies, cold soups and in baking. Plain, flavored, and fruit filled yogurts are convenient and ready to eat as a snack. Many drinkable yogurts are also available.

Storage: Yogurt should be stored in closed containers in the refrigerator at 40°F to maintain quality. Freezing is not recommended.



Diets rich in milk and milk products help build and maintain bone mass throughout the lifecycle. This may reduce the risk of osteoporosis.

Safe Handling and Storage Tips for Dairy Foods

- Check the "sell by" dates. If dairy products have been properly stored, you can usually use the product a few days after the "sell by" date.
- Make milk and other perishable foods including yogurt, butter, cream, cottage cheese etc. the last items you pick up before leaving the store, especially in hot weather.
- Go directly home from the market and refrigerate your purchase as soon as possible. If traveling more than 30 minutes, place dairy items in a cooler with ice.
- After using dairy products, close containers tightly.
- Some types of cheese require constant refrigeration and others do not. In general, cheese with high moisture content such as ricotta or fresh mozzarella should not be left out of refrigeration for longer than 2 hours.
- Refrigerate solid cheese in its original wrap until opened. After opening, rewrap cheese tightly in a moisture proof wrap or place in an airtight container.
- Don't return unused milk, cream, or other dairy products to their original containers.
- If mold is visible on solid cheese, trim it off, along with a $\frac{1}{2}$ inch piece around it. Discard all soft cheese, such as cottage cheese, when mold is visible.

FROM THE RECIPE BOX... **Hot Pizza Dip** created by 3-A-Day of Dairy

Ingredients

6 ounces light cream cheese	$\frac{1}{4}$ cup diced red peppers
$\frac{1}{2}$ cup light/low-fat sour cream	$\frac{1}{4}$ cup sliced green onions
1 teaspoon dried oregano	$\frac{1}{2}$ cup grated Parmesan cheese
$\frac{1}{2}$ cup pizza sauce	Whole wheat breadsticks or crackers
1 cup shredded low-moisture, part skim Mozzarella cheese	

Combine cream cheese, sour cream and oregano in a bowl. Stir until smooth. Spread cream cheese mixture evenly into a 9 inch pie plate or quiche pan. Top with pizza sauce, Mozzarella cheese, peppers, and onions. Sprinkle with Parmesan cheese.

Bake at 350 degrees Fahrenheit for 10 minutes, or until cheese is melted. Serve with whole wheat breadsticks or crackers.

Milk Word Find

As part of the milk group, cheese provides nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D and protein. Find these cheeses in the milk group.

Ricotta
Cottage
Cheddar
Mozzarella

Parmesan
Roquefort
Swiss
Brie

Gouda
Jarlsberg
Asagio
Gruyere

Feta
Gorgonzola
Camembert
Provolone



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References

USDA's MyPyramid, Dietary Guidelines for Americans 2005, (HHS) Department of Health & Human Services, (USDA) United States Department of Agriculture. Wikipedia, World Book Online Reference Center), FDA Center for Food Safety & Applied Nutrition, Center for Science in the Public Interest, Nutrition Action Health Letter, Kansas State Research and Extension, 3-A-Day of Dairy, aboutyogurt.com (image), Pennsylvania Department of Agriculture, Whole Foods Market