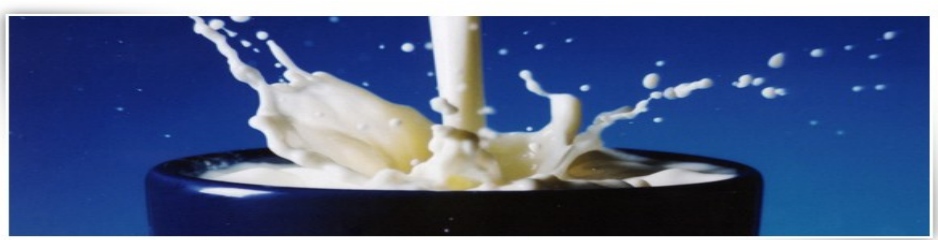
FOOD $ENSE

UtahStateUniversity COOPERATIVE EXTENSION



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Food$ense/AfterSchoolSnacks/2012-03pr

Dairy

Food $ense Guide to Healthy Snacks for After School programs

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Why is the Dairy group important?

Consuming dairy products provides many health benefits, especially improved bone health. Foods in the Dairy Group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein. Dairy products may reduce the risk of osteoporosis, cardiovascular disease, high blood pressure and type-2 diabetes.

Why choose low-fat or fat-free dairy products?

Choosing foods from the Dairy Group that are high in saturated fats and cholesterol can have health implications. Diets high in saturated fats raise "bad" cholesterol levels in the blood. The "bad" cholesterol is called LDL (low-density lipoprotein) cholesterol. High LDL cholesterol, in turn, increases the risk for 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. In addition, a high intake of fats makes it difficult to avoid consuming more calories than are needed.

http://www.choosemyplate.gov/foodgroups/dairy_why.html

Healthy dairy snack ideas:

- String cheese
- Low-fat yogurt with fruit at the bottom
- Fruit Smoothies made with yogurt
- Low-fat frozen yogurt with fruit
- Quesadillas with low-fat cheese (try adding chopped veggies like red and green peppers, onions, or mushrooms for even more great flavor)
- Yogurt fruit dip
- Pudding made with low-fat milk
- Flavored milks (Just be sure to watch the sugar!)
- Hot chocolate made with 2% milk
- Whole-wheat crackers with cheese slices
- Yogurt, fruit, and granola parfait
- Add cheese to broccoli or other veggies
- Berries in milk
- Fruit and cheese kabobs
- Frozen yogurt pops
- Cheese dip

Whole, 2%, 1% and fat-free milk all have the same amount of calcium, regardless of the fat content. Choose low-fat or fat-free milk for a healthier diet!

Magical Fruit Salad

1 8 oz can pineapple tidbits, drained
2 bananas, sliced
½ seedless grapes
1 ½ cups 2% or low-fat milk
1 3oz package lemon, coconut, banana cream, or vanilla instant pudding mix

Put all fruits in a large bowl. Pour milk over fruit. Stir in instant pudding mix. Let mixture stand for 5 minutes to set. Enjoy!

Adapted from FSNE Food Basics, Milk & Dairy handout

Orange Banana Frosty

1 small frozen banana, cut into chunks
1/2 cup plain, low-fat yogurt
1/2 cup orange juice

Put all ingredients in a blender and mix well.
Add more liquid if you want the drink thinner

FSNE Living Well Curriculum

What if you are lactose intolerant or have a milk allergy?
There are plenty of milk alternatives to help you get the calcium and vitamin D your body needs! Try soy milk, rice milk, or almond milk fortified with calcium!

Many vegetables contain the important nutrients found in milk to help meet your bodies needs especially calcium. Some examples are bok choy, kale, mustard greens, dandelion greens, turnip greens, artichokes and broccoli.

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FOOD $ENSE NUTRITION EDUCATION PROGRAM