

Milk Group



The MILK group is YOGURT MILK CHEESE

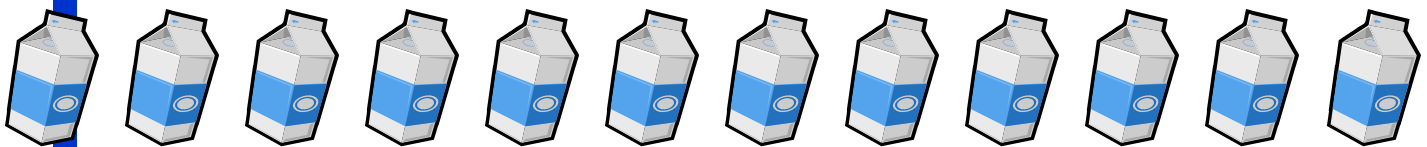
Why milk?

- Three key nutrients provided by milk are **calcium, vitamin D, and phosphorus**. It is much better to get these nutrients naturally from food rather than from supplements.
 - **Calcium** forms bones and teeth and helps keep them strong.
 - **Vitamin D** helps the body use calcium
 - **Phosphorus** also helps build bones.
- Besides healthy bones, milk can help you **achieve and maintain a healthy weight**. Really. New research shows that 3 cups of fat free or low fat milk or milk products daily teamed with a low-calorie diet helps you achieve or maintain a healthy weight better than a low-calorie diet without dairy products.
- Foods from the milk group will help you have **controlled blood pressure** which means a healthier heart. Combine milk with fruits and veggies and you have a winning team for a healthy heart.
- Children ages 2-8 need 2 cups of milk equivalents per day; adults need 3 cups.
- It is a healthy idea to choose fat free or low fat milk or milk products.
- If you cannot consume milk, choose lactose-free products or other calcium sources such as fortified beverages and foods.



What counts as a cup in the milk group?

Milk	Yogurt	Cheese	Milk-Based Desserts
1 cup	1 cup	1 1/2 ounces natural cheese	1 cup pudding
		1/3 cup shredded cheese	1 cup frozen yogurt
		2 ounces processed cheese	1 1/2 cups ice cream
		1/2 cup ricotta cheese	
		2 cups cottage cheese	



Get 3-a-day the easy way!

Try these ideas:

- Include milk as a beverage with meals
- Use milk in hot cereal instead of water
- Use milk in cream soup
- Add cheese to a sandwich
- Have yogurt as a snack
- Have cheese with crackers as a snack
- Make a yogurt dip for fruits
- Make a cottage cheese dip for vegetables
- Blend milk, yogurt, and fruit for a delectable smoothie
- Drink flavored milk
- Top casseroles, soups, stews, and vegetables with cheese
- Make pudding for dessert

How much calcium do different foods have?

Food	Amount	Milligrams of calcium
Milk, skim	1 cup	302
Milk, 2%	1 cup	297
Milk, whole	1 cup	290
Low-fat chocolate milk	1 cup	284
Yogurt	1 cup	415
American cheese	2 oz.	346
Cheddar cheese	1 1/2 oz.	306
Swiss cheese	1 1/2 oz.	408
Cottage cheese	2 cups	308
Ice cream	1 1/2 cups	264
Pudding	1 cup	200
Salmon, canned, w/bones	3 oz.	212
Spinach, cooked	1/2 cup	122
Broccoli, cooked	1/2 cup	36
Pinto beans, cooked	1 cup	82
Tofu, w/calcium sulfate	1/2 cup	434

RECIPES

ground beef stroganoff

- 1 lb. lean ground beef
- 1/2 cup onions, chopped
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 teaspoon beef bouillon granules
- 2 Tablespoons catsup
- 1 can (10 3/4 oz.) reduced fat cream of mushroom soup
- 1 1/4 cups milk
- 1 can (4 oz.) mushrooms, drained
- 1 cup light sour cream

Delectable!

In a skillet over medium heat sauté ground beef and onion; drain fat. Stir in garlic powder, salt, pepper, bouillon, catsup, soup, milk, and mushrooms. Simmer for 15 minutes; stir occasionally. Mix in sour cream. Serve over noodles or rice. Yield: 4-6 servings.

purple cow

- 2/3 cup grape juice concentrate
- 1 cup skim milk
- 1 cup water
- 1 teaspoon vanilla
- 1/3 cup sugar
- 6 ice cubes or 1 cup crushed ice

Tasty!

Mix all ingredients in blender until ice is crushed and drink is thick. Yield: 4 servings.

cheesy broccoli rigatoni

- 12 oz. uncooked rigatoni or medium tube pasta
- 3 garlic cloves, minced
- 3 Tablespoons olive oil, divided
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 5 cups skim milk
- 5 cups broccoli florets
- 2 cups (8 oz.) shredded mozzarella cheese, divided

Delicious!

Cook pasta according to package directions. Drain and toss with 1 Tablespoon olive oil. Set aside. Meanwhile, sauté garlic in 2 Tablespoons olive oil over medium heat for 2 minutes. Stir in flour and salt until blended. Gradually add milk. Bring to a boil. Cook and stir for 2 minutes or until thickened. Remove from heat and set aside.

In a large saucepan, cook broccoli in 1 inch of water until tender-crisp, about 4-5 minutes. Drain and rinse in cold water. Coat a 9x13 baking dish with cooking spray. Layer sauce, pasta, broccoli, and cheese in 2 or 3 layers ending with sauce and cheese. Cover and bake at 350°F for 25-35 minutes. Yield: 10 servings.