

CREATE

THE DAIRY GROUP

What foods are in the Dairy Group?

Yes

All fluid milk
Cheese
Yogurt
Ice Cream
Cottage cheese
Calcium-fortified soymilk

No

Cream cheese
Cream
Butter

The calcium in Dairy Group foods is measured by **Cup Equivalents**.

A cup equivalent is:

1 cup of milk	2 ounces processed cheese
1 cup of yogurt	2 cups cottage cheese
1 ½ ounces natural cheese	1 ½ cups ice cream
1/3 cup shredded cheese	1 cup soymilk

Choose low-fat dairy options.

- A cup of 2% milk has 125 calories but 35% of those calories are fat calories (*half* of the calories of whole milk are fat calories).
- Don't be fooled by the numbers. 2% means that 2 percent of the *weight* of the milk is fat. The other 98 percent of the weight is made up of water and minerals. There is a big difference between weight and volume!

The nutrients in dairy food benefit your bones, teeth, body tissues, nervous system, heart and muscles.

- Calcium forms bones and teeth and helps keep them strong.
- Vitamin D helps the body use calcium.
- Phosphorous aids in bone calcification.

Easy ways to add dairy foods to your meals:

The Dietary Guidelines for Americans and MyPyramid recommend 3 cups of fat free or low-fat dairy products daily. Children ages 2 to 8 need 2 cups.

Milk

- Use milk instead of water to make soups, casseroles, hot cereal or baked products.

Yogurt

- Use yogurt to make dip for fruits and vegetables; eat it with granola or fruit for a snack; blend it into smoothies.

Cheese

- Pack a string cheese for lunch or a snack; add cheese to a sandwich; have cheese with crackers as a snack; top soups, casseroles, veggies, and omelets with a little cheese. **Cheese is a high fat food – use sparingly!*

Breakfast, lunch, dinner, or snacks – how will you add dairy to your meals?

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Popeye Smoothie

6-8 ounces yogurt, any flavor
½ cup skim milk
1 packed cup fresh spinach

½ fresh or frozen banana
½ cup fresh or frozen fruit

Blend all ingredients well in a blender.

Yield: 1 big delicious smoothie

*Surprised to see spinach in a smoothie? Don't worry, you won't taste it at all and it really boosts the nutrition of this great smoothie!

Skillet Mac and Cheese

1 quart water
½ pound (2 ½ cups) elbow macaroni
1 teaspoon salt, divided
2 large eggs
1-2 cups grated cheese of choice

1 (12 oz.) can evaporated skim milk
½ teaspoon black pepper
½ teaspoon salt
1 tablespoon butter

In medium skillet, bring water to boil. Add macaroni and ½ teaspoon salt. Cook until just tender.

While macaroni is cooking, whisk together eggs, evaporated milk, salt, and pepper in medium bowl. Set aside. Drain macaroni and return to skillet. Add butter and stir. Over medium heat, slowly add egg mixture and cheese to macaroni. Stir constantly until cheese is melted and mixture is hot and creamy, about 5 minutes.

Yield: 4-6 servings.

Yogurt Dip for Fruit

1 (8 oz.) carton lemon or strawberry yogurt
1-2 tablespoons orange juice concentrate
¼ teaspoon poppy seed (optional)
⅛ teaspoon ground cinnamon

Combine all ingredients in a small bowl and stir to blend. Serve as a dip for fresh fruit.

Yield: 4 servings

Quick and Easy Fettuccini

8 ounces fettuccini or linguini (preferably whole grain)
1 tablespoon olive oil
¾ cup evaporated skim milk
½ cup grated Parmesan cheese
¼ cup sliced green onion
2 – 3 tablespoons chopped fresh basil or ½ teaspoon dried
¼ teaspoon garlic powder
Pepper to taste

Cook pasta according to package directions. Drain and return immediately to pan. Add olive oil; toss to coat. Add evaporated milk, cheese, onion, basil, garlic powder, and pepper. Cook over medium heat until bubbly, stirring constantly. Serve immediately.

Yield: 6 servings

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Creamy Rice Pudding

2 cups cooked whole grain brown rice
1 ½ cups skim milk
¼ cup sugar
½ cup raisins (optional)
1 tablespoon butter
1 teaspoon ground cinnamon

In medium saucepan, combine rice, milk, sugar, and raisins. Bring to boil. Reduce heat & simmer 20 minutes, stirring frequently. Remove from heat & stir in butter & cinnamon.

Yield: 4 servings

FYI- almost every food has calcium. Non- dairy foods high in calcium include tofu, bok choy, kale, turnip and collard greens, romaine lettuce, and broccoli.

Using Powdered Milk

Powdered milk is great to keep on hand. Keep some in the pantry and use it for all kinds of goodness!

Evaporated Milk

1½ cups water
½ cup + 1 tablespoon powdered milk

Combine and mix well. Makes 12 ounces or 1½ cups. Use in any recipe calling for canned evaporated milk

SOS (Soup or Sauce) Mix

2 cups powdered non-fat dry milk
¾ cup cornstarch
¼ cup instant chicken bouillon
2 tablespoons dried onion flakes
2 teaspoons Italian Seasoning

Combine all ingredients in a re-closeable plastic bag, mixing well.

Yield: Equal to 9 cans of cream soup.

To substitute for 1 can of cream soup combine ⅓ cup of dry mix with 1¼ cups of cold water. Cook and stir on stove top or in microwave until thickened. Add thickened mixture to casseroles as you would a can of soup. Store in closed plastic bag or air-tight container until ready to use. It does not require refrigeration.

Want to save a little time and money?

Use reconstituted powdered milk in any recipe that calls for liquid milk. You will make less trips to the grocery store for milk, and that will help you avoid other unplanned purchases!