

MAKING HEALTHY CHOICES: WEEK 8

Don't forget dairy

Many foods made from dairy can be a great source of calcium and other nutrients for you and your family.

Calcium is important to help build and maintain strong bones, especially from birth to age 5. Bone mass reaches its peak around age 20, so it's important that children and teens eat or drink foods that supply calcium, including those from the dairy group, to maintain bone strength throughout adulthood.

The dairy food group includes milk and products made from milk that keep their calcium content such as yogurt and cheese. Milk products, such as cream cheese, cream and butter, that do not retain their calcium content are not considered a part of the dairy food group. However, nondairy milk products such as soy milk are considered part of the dairy food group.

Just add fruit

Many dairy products, such as yogurt, ice cream or cottage cheese, come with added fruit and fruit flavoring that is made with added sugar. If you look at the food label you can find out how much sugar has been added. A simple way to avoid this added sugar is to add flavor and sweetness to plain dairy products with fresh fruit such as strawberries and blueberries.

Many of these products also come in prepackaged options for convenience. You can save money and eliminate added sugar by buying a larger size of a plain variety and making your own convenience servings at home by dividing food in the larger container into single serving cups or baggies.

Daily dairy recommendations for children

Anyone 9 years old and over should consume 3 servings (cup equivalents) from the dairy group each day. As with the protein and grain groups, think of a cup-equivalent as one serving.

Serving sizes are not the same for all types of foods because different foods contain different amounts of nutrients. (For more information on what equals a cup-equivalent, visit www.choosemyplate.gov.)

Did you know?

You can get calcium from other sources besides the dairy food group. Green leafy vegetables, such as collards, spinach and turnip greens, are all considered good sources of calcium. Other sources of calcium include canned fish with bones, such as salmon or sardines, calcium-fortified orange juice, almonds, white beans and navy beans.

For example, 1 cup of milk counts as one serving but 2 slices of Swiss cheese also counts as one serving. With this in mind, meeting a daily recommendation of three servings could look like this:

1 cup (8 ounces) of milk, ½ cup of yogurt, 1 slice of parmesan cheese, ¾ cup ice cream
OR

1 cup of almond milk, 2 slices of American cheese, 1/3 cup of shredded cheddar cheese



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WEEKLY RECIPE

Remember to wash your hands and prepare food safely.



Strawberry Yogurt Popsicles (serves 6)

1. In a blender, blend **2 cups sliced strawberries** until runny.
2. Pour the mixture into a bowl, and stir in **1 tablespoon of lemon juice** and **2 tablespoons of honey**.
3. Add **2 cups of plain yogurt** (try low-fat) and mix everything together.
4. Pour mixture into 6 popsicle molds and add sticks.
5. Freeze overnight.
6. Run warm water over each popsicle mold to help remove.
7. Enjoy!



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