

# Milk Group

- The benefits of the Milk Group include needed nutrients, healthy bones, achievement and maintenance of a healthy weight and controlled blood pressure.
- Milk and milk products provide calcium, vitamin D and phosphorus. It is best to get these nutrients from food rather than supplements.
- You need 3 cups of milk or milk products daily; children ages 2 to 8 need 2 cups.

WHAT COUNTS AS 1 CUP IN THE MILK GROUP?			
<u>Milk</u>	<u>Yogurt</u>	<u>Cheese</u>	<u>Milk-Based Desserts</u>
1 cup	1 cup	1 1/2 ounces natural cheese 1/3 cup shredded cheese 2 ounces processed cheese 1/2 cup ricotta cheese 2 cups cottage cheese	1 cup pudding 1 cup frozen yogurt 1 1/2 cups ice cream

- 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.

## Mini-goals

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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# THE MILK GROUP—HEALTH BENEFITS

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

## Essential Nutrients

Milk and milk products provide a combination of essential nutrients that 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.
- **Phosphorus** aids in bone calcification.



## Healthy Bones

The nutrients you get from milk and milk products decrease your risk of bone fractures and developing osteoporosis.

## Healthy Weight

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.



## Controlled Blood Pressure

Studies show that if you have high blood pressure, a low-fat diet rich in milk and milk products, along with fruit and vegetables, will reduce your blood pressure.

### HOW MUCH CALCIUM DO DIFFERENT FOODS HAVE?

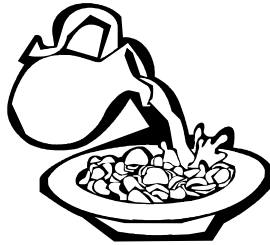
<u>Food</u>	<u>mg*</u>	<u>Food</u>	<u>mg*</u>
Milk, skim (1 cup)	302 mg	Cottage cheese (2 cups)	308 mg
Milk, 2% (1 cup)	297 mg	Ice cream (1 1/2 cups)	264 mg
Milk, whole (1 cup)	290 mg	Pudding (1 cup)	200 mg
Low-fat chocolate milk (1 cup)	284 mg	Salmon, canned w/ bones (3 oz.)	212 mg
Yogurt (1 cup)	415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

\*Milligrams of calcium

## GET 3-A-DAY THE EASY WAY

 Try this:

- 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.



 Try this:

- Make a yogurt dip for fruits.
- Make a cottage cheese dip for vegetables.
- Blend milk, yogurt and fruit for a tasty smoothie.
- Drink flavored milk.
- Top casseroles, soups, stews and vegetables with cheese.
- Make pudding for dessert.



### CREPES

1 cup flour  
1 Tbsp. sugar  
1/4 tsp. salt  
3 eggs, beaten

1 1/2 cups milk  
2 Tbsp. margarine, melted  
1 tsp. vanilla  
Vegetable spray

In a medium bowl combine flour, sugar and salt; blend well. In a separate bowl combine eggs, milk, margarine and vanilla; mix well. Gradually add milk mixture to flour mixture; mix until batter is smooth. Refrigerate 1 hour.

Heat a small skillet over medium heat; coat with vegetable spray. Pour 1/4 cup batter into skillet and tip so batter covers bottom. Cook over medium heat until light brown; turn and brown other side. Serve immediately. Yield: 12 crepes. *Each crepe provides 93 calories, 3 g protein, 3 g fat, 47 mg cholesterol, 12 g carbohydrate, 1 mg iron, 39 mg calcium, 200 IU vitamin A and 101 mg sodium.*

**Note:** To freeze, cool crepes on a wire rack. Stack, placing plastic wrap between each crepe. Place in a freezer bag; label. Store in freezer. Use within 1 month.

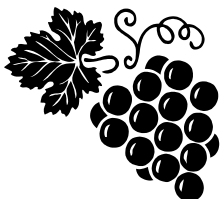
## GROUND BEEF STROGANOFF

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

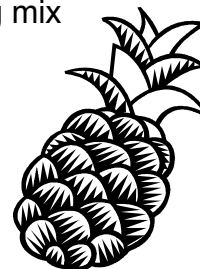
In a skillet over medium heat sauté ground beef and onion; drain fat. Stir in garlic powder, salt, pepper, bouillon, catsup, soup, milk, and mushrooms. Simmer for 15 minutes; stir occasionally. Mix in sour cream. Serve over noodles or rice. Yield: 4-6 servings. *A serving provides 308 calories, 21 g protein, 20 g fat, 58 mg cholesterol, 11 g carbohydrate, 1 g fiber, 2 mg iron, 115 mg calcium, 422 IU vitamin A, 3 mg vitamin C and 780 mg sodium.*

## MAGICAL FRUIT SALAD

1 can (8-oz.) pineapple tidbits, drained	1 1/2 cups milk
1/2 lb. seedless grapes	1 pkg. (3 oz.) lemon, coconut or vanilla instant pudding mix
2 bananas, sliced	



Place pineapple, grapes and bananas in a large bowl. Pour milk over fruit. Stir in instant pudding mix. Let mixture stand 5 minutes to set. Yield: 6 servings. *A serving provides 161 calories, 3 g protein, 1 g fat, 1 mg cholesterol, 38 g carbohydrate, 2 g fiber, 87 mg calcium, 199 IU vitamin A, 12 mg vitamin C and 133 mg sodium.*



## ORANGE DELIGHT

2/3 cups orange juice concentrate	1 tsp. vanilla
1 cup milk	1/3 cup sugar
1 cup water	6 ice cubes or 1 cup crushed ice

Mix all ingredients in blender until ice is crushed and drink is thick. Yield: 4 servings. *A serving provides 164 calories, 3 g protein, 1 mg cholesterol, 38 g carbohydrate, 91 mg calcium, 256 IU vitamin A, 66 mg vitamin C and 34 mg sodium.*

EXTENSION

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EFNEP—Expanded Food and  
Nutrition Education Program

Utah State University is an affirmative action/equal opportunity institution. Developed/Written by Kay Evans and Paula Scott, EFNEP Supervisors. Edited/Designed by Judy Wilde, EFNEP Support Staff.