LSU AgCenter Research & Extension

Smart Choices

Nutrition News

FNP

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Inside the Pyramid—Milk

Milk and other milk based products provide many health benefits. People who include milk and milk products in their diet every day can reduce the risk of developing low bone density throughout their whole life. This will reduce the risk of osteoporosis in later life.

Foods in the milk group provide our body with nutrients like calcium, potassium, vitamin D and protein. These nutrients are vital for health and maintenance of our body.

Calcium is needed to build strong bones and teeth and to keep bone mass at a high level. Milk and milk products are the number one source of calcium in American diets.

The nutrient, Potassium, works to help maintain healthy blood pressure. Yogurt especially provides potassium to the diet.

Vitamin D works in the body to maintain proper levels of calcium and phosphorous which helps to build and maintain bones. Milk is usually fortified with Vitamin D so it is a good source of this nutrient.

When selecting milk and milk products it is important to choose fat free or low fat choices. Whole milk and milk products provide more saturated fat and cholesterol to the diet. If you usually drink whole milk, gradually switch to fat-free choices so you can lower your saturated fat and calories. Begin by trying reduced fat (2%) milk, then

low-fat (1%) milk and then fat-free (skim milk).

To increase your milk allowance try these tips:

- Add milk instead of water to oatmeal and other hot cereals.
- Have yogurt as a snack.
- Make a dip for fruits or vegetables with yogurt.
- Make fruit-yogurt smoothies in the blender.
- Top casseroles, vegetables or stews with shredded cheese.

Remember keep your choices low-fat or fat free.

Daily Allowances:

Children 2 to 8 years old
2 cups a day

Girls and Boys 9 to 18 years old
3 cups a day

Men and Women 19 and older
3 cups a day

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They're still growing. Help your kids grow strong. Serve fat-free or low-fat milk at meals.

What counts as a cup?

Milk
1 cup
1 half-pint container
1/2 cup evaporated milk

Yogurt
1 regular 8 ounce container
1 cup

Cheese
1 1/2 ounces hard natural cheese
1/3 cup shredded cheese
2 ounces processed cheese
1/2 cup ricotta cheese
2 cups cottage cheese

Milk-based desserts
1 cup pudding made with milk
1 cup frozen yogurt
1 1/2 cups ice cream

Basic Quiche

Ingredients:
1 9 inch baked pie shell
1 cup chopped vegetables, cooked and drained (broccoli, zucchini, yellow squash, bell peppers, etc.)
1/2 cup shredded cheese
3 beaten eggs
1 cup skim milk
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder

Directions:
1. Preheat the oven to 375 degrees.
2. Put the cooked vegetables and cheese into baked pie shell.
3. Mix the eggs, milk, salt, pepper and garlic powder in a bowl.
4. Pour the egg mixture over the cheese and vegetables.
5. Bake for 30—40 minutes or until a knife inserted near the center comes out clean.
6. Let the quiche cool for 5 minutes before serving.

Cost: Per recipe—$2.70
Per serving—$0.45

Source: Pennsylvania Nutrition Education Program

Nutrition Facts
Serving Size 1 slice, 1/6 of recipe (124g)
Servings Per Container

Amount Per Serving	
Calories 210	Calories from Fat 110
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 115mg	38%
Sodium 450mg	19%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 9g	

Vitamin A 10% • Vitamin C 25%
Calcium 15% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

What foods are included in the milk group?

Milk
All fluid milk:
- Fat-free (skim)
- Low fat (1 %)
- Reduced fat (2%)
- Whole milk

Flavored milks
- Chocolate and Strawberry

Yogurt
All Yogurt
- Fat-free
- Low fat
- Reduced fat
- Whole milk yogurt

Cheese
Hard natural cheese
- Cheddar
- Mozzarella
- Swiss
- Parmesan

Soft cheese
- Ricotta
- Cottage cheese

Processed cheese
- American

Milk Based Desserts
Puddings made with milk
Ice milk
Frozen yogurt
Ice cream

What's the Purpose of Food Stamps?

The Food Stamp Program isn't about welfare. Its goal is helping people with limited incomes improve their nutrition for better health and disease prevention. The program is available to all eligible persons.

Food stamp coupons have been replaced by an electronic card that looks and works just like a typical debit or credit card used by any grocery shopper. No one but you and the grocery check-out clerk will know you are using Food Stamps. This program can help you buy nutritious foods for a better diet. To find out more contact 1-888-LAHELPU or visit www.dss.state.la.us.

Provided by LSU AgCenter Community Nutrition Programs
Visit our Web Site: www.lsuagcenter.com
Issued in Furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with USDA. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment. This material was funded partially by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.
To find out how to apply, call 1-888-LAHELPU or visit: www.dss.state.la.us to download an application for Food Stamps.

References: www.mypyramid.gov and SNAP-Ed Connection