



## Milk Matters

### Choose dairy foods every day.

Strong bodies need strong bones. Dairy foods are high in calcium which help keep bones healthy. Dairy products are important for growing children and offer other health benefits to adults as well.

How much dairy is needed each day?	
Ages 2-3	2 cups
Ages 4-8	2½ cups
Ages 9+	3 cups

**What counts as one cup of dairy?** It's best to get calcium from dairy foods. Other foods that contain calcium are good sources of calcium; however, the calcium in non-dairy foods may not be as easy for the body to absorb.

- 1 cup milk or yogurt
- 2 ounces of processed cheese
- 1½ ounces of natural cheese
- 2 cups cottage cheese
- 1 cup calcium-fortified orange juice
- ¾ cup canned salmon with bones



### Choose your dairy wisely

- Choose fat-free or low-fat (1%) milk.
- Cream cheese, cream and butter contain very little calcium. Use these items less often.
- Choose plain milk over flavored milk. Flavored milk contains added sugar.

### Boost your calcium

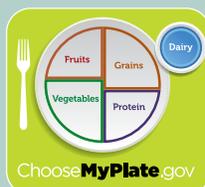
- Add milk and cheese to cream soups.
- Use milk in place of water when making oatmeal.
- Add powdered milk to creamy sauces.
- Make a dip from plain yogurt to go with fruits and vegetables.
- Top salads and cooked potatoes with cheese.
- Eat a cup of yogurt for a snack.



### Be Active

Everyone should aim to be active on 5 or more days of the week. Warmer weather makes it fun to be outdoors. Whether you're inside or outside, find ways to be active. Try these ideas!

- Pack a picnic lunch or snack and take it outside to enjoy being away from the TV and computer. Enjoy the playground if one is nearby.
- Jump in puddles after the rain on a warm day.
- Play "I Spy" while taking a walk. The first person starts by saying "I spy with my eye ..." and then gives a clue about what they see such as "something blue." The other person will look around and make a guess. Take turns.
- Play "Follow the Leader" but add in activities like hopping on one foot, doing jumping jacks or skipping.



**MyPlate** is a simple and easy USDA resource to guide healthy food choices for breakfast, lunch, dinner and snacks. How does it work? MyPlate is an easy way to plan your meals. MyPlate says half your plate should be fruits and vegetables, the other half is grains and protein. Add **dairy** to make a nutritious meal!

## Ways to \$ave

- Buy store brand yogurt, cheese and milk.
- Drug store milk prices may be lower than at grocery stores.
- Use powdered milk when a recipe calls for milk.
- Shred cheese from a block rather than buying shredded cheese.
- Buy stronger flavored cheese such as sharp cheddar. You will need less for good flavor.
- Check the “sell by” date to avoid tossing out dairy before it can be used.

## Kids' Corner

There is no power like mom power. Make this easy recipe with your kids for a quick and healthy meal.

### Roll Up Burritos

Put this dish together quickly for breakfast, lunch or dinner. Sprinkle with extra cheese for more calcium and protein. For increased fiber choose whole wheat tortillas and stir leftover veggies into the egg mixture before cooking.

Preparation time: 10 minutes; Cook time: 5 minutes

Makes: 4 servings

#### Ingredients

- 4 eggs
- ½ cup milk
- ½ cup diced bell pepper
- 2 teaspoons butter
- 4 small tortillas
- 1 cup grated cheese
- Salsa (optional)



#### Directions

1. Wash hands with warm water and soap.
2. Beat eggs with milk.
3. Add bell pepper to egg mixture and stir well. Set aside.
4. Melt butter in skillet. Add the egg mixture and cook 3 to 5 minutes or until eggs are cooked, stirring occasionally.
5. Spoon the egg mixture equally onto the tortillas.
6. Sprinkle with cheese and roll up.
7. Serve warm with salsa, if desired.
8. Refrigerate leftovers for 1 to 2 days.

**Note:** Make Roll Up Burritos a MyPlate meal by serving with sliced tomatoes and 1 cup milk.

## Salmon Mac 'n Cheese

Milk, cottage cheese, cheese and canned salmon with bones fill this dish with calcium. The salmon bones are soft as a result of the canning process. Mash the bones with a fork as you mix the flaked salmon with the other ingredients. Use whole grain macaroni for added fiber.

Preparation time: 20 minutes; Cook time: 35 minutes

Makes: 8 (1 cup) servings

#### Ingredients

- 1½ cups uncooked macaroni (or other small pasta noodles)
- ½ cup diced celery
- ½ cup diced carrots
- ¼ cup diced onion
- 1 (10 ounce) can cream of celery soup
- ¾ cup milk
- ½ cup cottage cheese
- 1 can (14.75 ounces) canned salmon with bones, drained
- 1 cup frozen peas
- ⅓ cup grated cheese

#### Directions

1. Heat oven to 375°.
2. Wash hands with warm water and soap.
3. Cook macaroni following package directions.
4. Spray oven safe dish with no-stick spray.
5. Combine all ingredients except cheese in an oven safe dish.
6. Cover and bake at 375° for 30 minutes.
7. Remove cover. Sprinkle with cheese. Bake an additional 5 minutes.
8. Refrigerate leftovers for 3 to 4 days.

**Note:** Make Salmon Mac 'n Cheese a MyPlate meal by adding apple slices and 1 cup milk.



**If you are interested in free lessons about nutrition, cooking and living a healthy life, please call 1-888-818-0063.**

Sources: MyPlate: [www.choosemyplate.gov](http://www.choosemyplate.gov), Eating Smart • Being Active: "Build Strong Bones," Lesson 5, Refrigerator/Freezer Storage Chart for Food Safety: <http://www.fda.gov/downloads/food/foodborneillnesscontaminants/ucm109315.pdf>

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