

FOOD AND FITNESS

DEFINING DAIRY

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Dairy products or milk products can be defined as a product that comes from the milk of mammals. Typically for human usage, the most common animals are cows and goats. However, humans can also get it from horses, buffalo, camels, yaks, and sheep for usage. The milk is then processed and used to make the dairy foods we love today.

How much should I have in a day and what qualifies as a serving?

For men and women 51+ years of age, the daily recommendation is 3 cups of milk or 3 milk servings equivalents. An eight ounce cup of milk, yogurt, or soymilk counts toward a serving. Now this is where it gets a little more complicated, all of the following count as 1 cup milk equivalent.

- 1 1/2 ounces of natural cheese
- 2 ounces of processed cheese
- 1/3 cup of shredded cheese
- 1/2 cup ricotta cheese
- 2 cups cottage cheese
- 1 cup pudding
- 1 cup frozen yogurt
- 1 1/2 cup ice cream



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DEFINING DAIRY

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What is the nutritional content of milk?

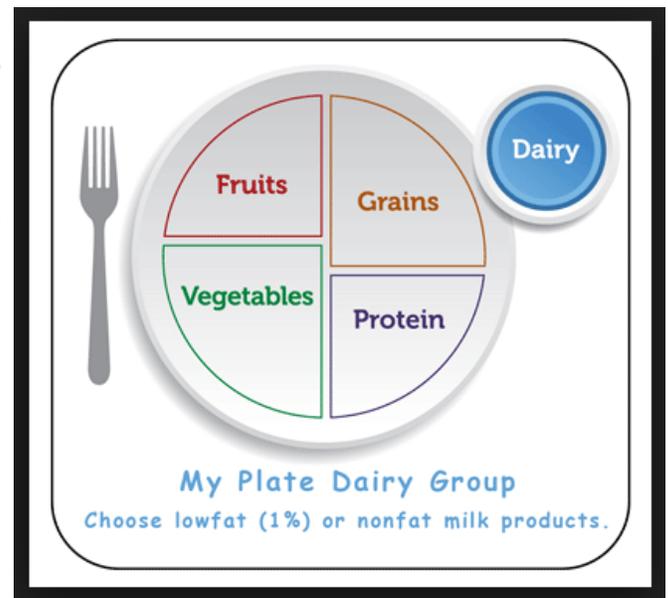
Milk contains calcium that is important for the development and to maintain bones and teeth. Dairy foods are the main source of calcium in the American diet. Milk also provides potassium, vitamin D, and phosphorous. When it comes to the macronutrients, 1 cup of milk provides the body with about 83–156 calories (calories depend on the amount of fat), 4 grams of protein, 15 grams of carbohydrates and the amount of fat depends on the milk you are choosing. Grams of fat in milk are as follows: whole milk with 3.25% fat-8 grams, 2% milk-4.9 grams, 1% milk-2.4 grams, and skim milk-0.2 grams. No matter which of these milks you choose, they all still provide the same amount of vitamins, minerals, protein, and carbohydrates—fat and calories are the only difference.



How to select the right dairy products

Many have heard over and over to choose fat-free and low-fat milk products. However, there are other ways to select the right dairy products in addition to the low-fat and fat-free. One way is to look out for milk products that are sweetened with added sugars and can contain a large amount of sugar which increase the number of calories. The products most common for added sugars are flavored milk, yogurts, ice cream, puddings, and desserts. When selecting dairy products for the ones who are lactose intolerant, keep in mind that small portions like 4 ounces instead of an 8 ounce cup might be more tolerated. Luckily, lactose-free or lower-lactose products have come a long way.

Dairy foods are an important component to everyone's diet. Whether it is provided from milk or fortified soy products, make sure you are getting your 3 serving every day.

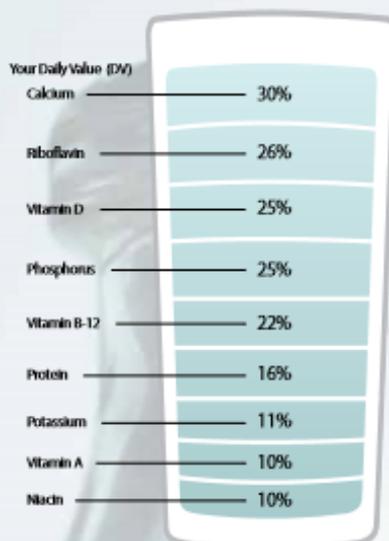


More Than Delicious: How Milk, Cheese and Yogurt Benefit Your Health

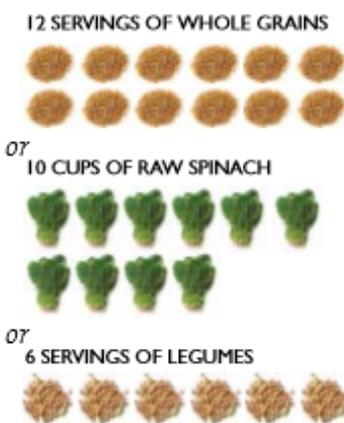
Get the Secrets, Stories + Facts of America's Favorite Natural Foods



One cup of milk—whether whole, low-fat, fat-free or lactose-free—provides:



WHAT WOULD YOU HAVE TO EAT TO GET THE SAME AMOUNT OF CALCIUM AS IN ONE 8-OUNCE GLASS OF MILK?



the amount of Milk + Milk Products recommended daily for those over age 9 from the 2010 Dietary Guidelines for Americans.

- 2-3 years – 2 cups of milk
- 4-8 years – 2.5 cups of milk

For the latest information about milk and making food choices for optimal health, visit HealthyEating.org

DAIRY COUNCIL of CALIFORNIA
Healthy Eating Made Easier™

Decoding Your Choice in the Dairy Aisle

Milk is one of the most highly regulated foods in America. All types of milk pictured below are equally wholesome and safe to drink, including organic and conventional varieties. Below are your need-to-know facts.



Whole Milk

Creamy! Whole milk contains 3.5% fat by weight, the same amount found when it leaves the cow. Vitamin D is added to most milk produced in the U.S. to enhance the absorption of calcium.



2% or 1% Milk

(also known as reduced-fat or low-fat milk) Fat and calorie levels are reduced in these versions, but they have the same complete nutrient package as whole milk.



Fat-free Milk

(also known as non-fat or skim milk) From slender cows. Kidding. Fat-free milk has no more than 0.2% milk fat. It's the lowest in calories but, again, has just as many nutrients as whole milk.



Organic Milk

From cows fed organic diets. The nutrient content is the same as conventional milk and offers the same health benefits. It's the process that makes this milk organic, not the product.



Lactose-free Milk

Think you're lactose-intolerant? Try lactose-free milk (real milk without the lactose). It tastes great and provides the same levels of calcium, potassium, vitamin D and more.

CALCIUM

Functions—Macro mineral

The bones and teeth account for 99% of the calcium found in ones body. Calcium is used for bone structure by providing strength and rigidity. The remaining 1% of calcium is found in the blood, extracellular fluid, and in the cells. The 1% is the most metabolic active and is used for muscle contractions, blood clotting, nerve impulse transmissions, hormone secretion, and the activation of some enzyme reactions. If there is not enough calcium from one’s diet to keep the 1% in the blood, the body will go through a process to leach it out of the bones. Also, calcium is necessary for Vitamin D absorption.

Daily Amounts Needed for Adults 50 and Older

Recommended Daily Allowance:

Age 51-70: Men—1000 mg/d, Women—1200 mg/d

Both Men and Women 71+ years of age—1200 mg/d

Food Sources

Milk/Yogurt	Cheese	Turnip and mustard greens
Collards	Kale	Broccoli
Sardines	Soy	Salmon with bones

And other foods that are fortified with calcium—bread and orange juice.

Deficiency

Deficiency in calcium happens in different instances:

Rickets (in children)—abnormal development of bones (bowed legs); Osteomalacia—failure to mineralize none matrices; osteoporosis; tetany; possible hypertension.

Consumption of alcohol, coffee, sugar, and medications such as diuretics, antacids or stress can reduce calcium absorption.

Toxicity

Excessive calcification of bone and calcification of soft tissue.



Rickets

RECIPE

Serves 8

Ingredients

- 12 oz elbow noodles
- 1 1/2 tbsp. buttery spread
- 1/2 cup minced onion
- 1/4 cup flour
- 2 cups low fat or skim milk
- 1 cup vegetable broth
- 2 cups shredded cheddar cheese
- 12 oz fresh broccoli florets
- 2 tbsp grated parmesan cheese
- 1/4 cup bread crumbs
- Cooking spray
- Salt and pepper to taste

Instructions

1. In a large pot of salted water, cook the pasta and broccoli together, according to package directions for al dente.
2. Spray a baking dish with cooking spray, and set aside. Preheat oven to 375 F.
3. In a large, heavy skillet, melt the buttery spread, then add the onion and cook over low heat for 2 minutes.
4. Add the flour and cook 1 minute or until flour is golden and well-combined.
5. Whisk in milk and broth, raise heat to medium-high until it comes to a boil, then cook an additional 5 minutes or until smooth and thick.
6. Season with salt and pepper if desired. Remove from heat, add cheese, and stir until melted.
7. Stir in the cooked pasta and broccoli, then pour into the prepared baking dish. Top with the breadcrumbs and parmesan or nutritional yeast.
8. Spray a little more cooking spray on top. Bake 15-20 minutes, then broil a few minutes until the breadcrumbs are golden.



BRAIN EXERCISE

Don't Just Exercise Your Body, Workout Your Brain!



Memorial Day

Last Monday in May



AMERICAN
 ANTHEM
 CEMETERY
 CEREMONY
 COMMEMORATE
 DECORATION
 FALLEN
 FLAGS
 FLOWERS

FREEDOM
 GRAVE
 HALF MAST
 HEROES
 HOLIDAY
 HONOR
 MAY
 MEMORIAL
 OBSERVANCE

PATRIOTIC
 REMEMBRANCE
 SACRIFICE
 SALUTE
 SERVICE
 SOLDIERS
 TAPS
 VETERANS
 WAR

JUNE 2016

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Dare Day	2 National Rocky Road Day	3 National Doughnut Day	4 National Trails Day
5 World Environment Day	6 National Garden Exercise Day	7 National Chocolate Ice Cream Day	8 Best Friends Day	9 Donald Duck Day	10 Iced Tea Day	11 National Corn on the Cob Day
12 Red Rose Day	13 Sewing Machine Day	14 Flag Day	15 Smile Power Day	16 Fresh Veggies Day	17 Eat Your Vegetable Day	18 International Picnic Day
19 Father's Day	20 Ice Cream Soda Day	21 International Yoga Day	22 National Chocolate Éclair Day	23 National Pink Day	24 Swim a Lap Day	25 National Catfish Day
26 Beautician's Day	27 Sun Glasses Day	28 Insurance Awareness Day	29 Waffle Iron Day	30 Meteor Day		

SCHEDULE OF EVENTS

- Aquarium Month
- Candy Month
- Dairy Month
- Fight the Filth Fly Month
- National Accordion Month
- National Adopt a Cat month
- National Fresh Fruit and Vegetables Month
- Rose Month
- Turkey Lovers Month

Kathrine J. Clark, MS, RD, LD
Nutrition Consultant
1 John Marshall Drive
Huntington, WV 25575



This newsletter is created by Kathrine J.
Clark, MS, RD, LD,
Nutrition Consultant to the West Virginia
Bureau of Senior
Services.

Brain Exercise Answers

