



Helping Mississippians live happier, healthier lives!

MILK

Milk is a staple food item in many households and is used in a wide variety of recipes. It is high in many vitamins and minerals, like calcium,



as well as being a great source of protein and carbohydrates. Drinking milk regularly can help you grow strong and stay healthy.

STORE

- After buying, refrigerate milk as soon as possible. Keep milk in the coldest part of the refrigerator, usually near the back.
- Be sure to use milk before its expiration date.
- If freezing milk, leave space in the container, as milk expands as it freezes. Thaw frozen milk in the refrigerator. Freezing may alter the milk's flavor and texture; it's best to use unfrozen milk for cooking.
- Milk comes in a variety of forms including fresh, powdered, shelf stable, and canned. A shelf-stable option can help you save money.



MILK ALTERNATIVES

- Plant-based milks can be an alternative for those with dairy allergies. These milks can be made of soy, rice, almond, and coconut. They are typically not a good source of protein or other nutrients unless they are fortified.
- Lactose-free milk is an option for those who experience discomfort after consuming dairy because they have issues with digesting the sugar lactose found in milk.

BENEFITS

- Milk contains nutrients that are great for your body. It's a great source of calcium, which helps build strong bones and teeth.
- Milk contains protein, which is important for muscle growth, and vitamin D, which helps your body absorb calcium.

FUN WITH FOOD

CHILDREN CAN HELP:

- Pour milk on their own cereal or into measuring cups for baking.
- Older kids can help with more complex recipes like making a milk-based sauce or baking.



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ENJOY



ORANGE OATMEAL PANCAKES

- ½ cup all-purpose flour
- ½ cup whole-wheat flour
- ½ cup quick oats
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 large egg
- ¾ cup orange juice
- ½ cup milk
- 1 tablespoon honey
- 2 tablespoons vegetable oil
- Vegetable oil cooking spray

1. Wash your hands well with soap and warm water for at least 20 seconds.
2. In a medium mixing bowl, whisk all-purpose flour, whole-wheat flour, oats, baking powder, and salt.
3. In a large bowl, whisk egg. Add orange juice, milk, honey, and oil to egg. Whisk well. Add flours to wet ingredients and mix batter well.
4. Heat a large skillet on medium-low and spray with vegetable oil cooking spray.
5. Add ¼ cup of pancake batter, allowing plenty of room for pancakes to spread (recommend no more than three pancakes at a time). Cook for 1-2 minutes until edges form and start to bubble. Lightly spray uncooked side of pancake with vegetable oil cooking spray, then flip. Cook for another 1-2 minutes until bottom is slightly brown.
6. Repeat to make remaining pancakes, spraying skillet with oil when needed.
7. Refrigerate leftovers within 2 hours.

SHOPPING FOR MILK

LOOK FOR LOW OR NO SUGAR ADDED

- Flavored milks (like chocolate or strawberry) can contain a lot of added sugar.
- Choose low-sugar or no-sugar-added options for these foods.
- Choose evaporated milk instead of cream or half-and-half.
- Try powdered milk as a coffee creamer.

These choices will reduce calories and saturated fat, but they won't reduce calcium or the other essential nutrients in milk and other dairy foods.

BE A ROLE MODEL

- Parents who drink milk and eat dairy foods show their kids that these foods are important.
- Dairy foods are essential for growing strong bones in children and teens and in maintaining strong and healthy bones in adults.
- The more calcium a child consumes early in life, the more calcium their bones will have stored up later in life.



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