

FAMILY FOOD SOLUTIONS

The DAIRY Group: Building Strong Teeth, Bones, and Heart

Want a winning smile that lights up a room? What about strong bones and a healthy heart to help you work and play? **Milk** and milk products (cheese, ice cream, yogurt) provide the nutrients needed to keep our teeth, bones, and heart in tip-top shape.

WHAT'S IN DAIRY PRODUCTS?



CALCIUM: Used by our bodies to build strong teeth and bones, which is especially important in childhood when bone mass is being built. It also helps adults maintain bone mass and reduces the risk of osteoporosis (bone thinning that can cause bones to break more easily). Research shows that low-fat and fat-free sources of calcium, along with a diet high in fruits and vegetables and fiber will help lower blood pressure.

VITAMIN D: Controls the levels of calcium and phosphorus in our bodies, which helps keep our bones strong.

PHOSPHORUS: Works with calcium to keep our bones strong.

POTASSIUM: Helps our muscles contract and relax. Potassium is especially important when we're physically active. Potassium plays an important role in controlling blood pressure when it is a part of a healthy diet.

FACTS ABOUT THE DAIRY GROUP

- Adults and children older than 2 should choose products from the dairy group that are low in fat, such as 2%, 1%, or fat-free (skim) milk and low-fat cheese, ice cream, and yogurt.
- Other foods and beverages that have calcium include canned fish (like sardines or salmon with bones), soy products (soy milk and yogurt, tofu, and tempeh), and leafy green vegetables (collard and turnip greens, kale, and broccoli).



WHAT IF I AM LACTOSE INTOLERANT?

- Some people are lactose intolerant (meaning their bodies can't break down the milk sugar lactose), but they can still get enough calcium, vitamin D, and potassium by eating or drinking other products that have been fortified with these nutrients (like calcium-fortified orange juice, cereals, breads, or milk). Some people who are lactose intolerant can consume milk products by first taking a medication that helps break down the lactose, or by consuming small amounts of milk products at a time.

HOW MUCH DO I NEED A DAY?

2 to 3 years of age: **2 cups**

4 to 8 years of age: **2½ cups**

9 years of age and older: **3 cups***

HOW TO ADD DAIRY TO MYPLATE

- To get the maximum benefits from milk products, choose options made with low-fat or fat-free (skim) milk.
- Use shredded low-fat cheese to top casseroles, potatoes, and vegetables.
- Choose low-fat or fat-free (skim) milk to drink and add to cereal and oatmeal.



SNACK IDEAS FROM THE DAIRY GROUP

- fat-free or low-fat yogurt; try adding fruit to low-fat vanilla yogurt
- fruit-yogurt smoothies
- top apples with cheese slices
- add cut-up fruit (peaches, pears, strawberries, other berries) to cottage cheese
- sliced cheddar cheese on top of whole grain crackers
- string cheese
- fruit or vegetable dips with plain low-fat or fat-free yogurt
- puddings with fat-free milk

DINNER SOLUTION: BATIDO SMOOTHIE

2 cups papaya chunks (fresh or frozen)

2 bananas (overripe, sliced)

1 cup plain low-fat yogurt

1 cup ice cubes

Directions

Put all the ingredients in the blender. Put the lid on tightly. Turn the blender to a medium setting and blend until the ice is chopped and the mixture is smooth, about 1 minute. Serve right away, or cover and refrigerate up to 4 hours.

Nutrients Per Serving: Calories 118, Protein 4 g, Dietary Fiber 3 g, Total Fat 1 g, Saturated Fat 1 g, Cholesterol 4 mg, Sodium 46 mg



MyPlate: http://www.choosemyplate.gov/foodgroups/dairy_why.html | Recipe from whatscooking.fns.usda.gov

***Serving size information:** Recommended servings for each food group and the percent daily values listed on nutrition facts labels are based on a 2,000-calorie reference diet. They serve as guides to help determine daily intake. You may need fewer or more calories and servings of a nutrient, depending on your body size and activity level. For personalized information, visit www.choosemyplate.gov. You will enter information such as your age, sex, and level of activity to determine your calorie and serving needs.



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Information Sheet 1918

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Produced by Agricultural Communications.

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Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914.
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