

Food News For Parents

March, 2017

Dear Parents:

Our lesson this month is about Dairy foods. Milk and foods made from milk are packed with nutrients. They are the major source of calcium which is needed for strong bones and teeth. You never out grow your need for milk, so make it a habit to serve milk products at every meal for all family members.

Sincerely,

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GET MORE DAIRY INTO YOUR MEALS

Growing children and adults need calcium to build and maintain strong bones and teeth. Serve milk with meals or add flavoring for a snack, hot chocolate is a great snack during the cold weather. Find ways to add milk and other dairy foods to the meals you serve. Here are a few suggestions:

- ◆ Add shredded mozzarella or Monterey Jack cheese to salads
- ◆ Use milk instead of water when you make cereal, hot chocolate, mashed potatoes, scrambled eggs, pancakes or soup
- ◆ Stir flavored low-fat yogurt into fruit salads

- ◆ Mix 1 cup of plain yogurt with dry soup mix to serve as a dip for vegetables or pretzels
- ◆ Top casseroles an vegetables with shredded low-fat cheese
- ◆ Serve frozen yogurt or low-fat ice cream for a dessert
- ◆ Be a role model to your kids, drink milk with your meals
- ◆ Add 1 to 2 tablespoons of powdered milk to recipes like meatloaf, soups, or gravies

Source: National Dairy Council

HOW MUCH DOES A YOUNG CHILD NEED?

Young children ages 4-8 years of age need 2½ cups of dairy foods each day. If your child likes milk, serve it at each meal and you are good to go. Otherwise, include milk products with meals throughout the day. Some parents experience a problem with their child drinking a cup of milk at the beginning of a meal, becoming too full to eat the rest of the food. Young children, age 4-5 years of age may fill up quickly when eating a meal, so you may want to serve a smaller portion of 6 ounces or ¾ cup of milk. Children age 6 and older can drink a full cup with the rest of the meal with no problem. Regardless of the serving at any given time, aim for 2½ cups per

day. These foods count as a serving for a young child:

- ◇ ¾ to 1 cup milk
- ◇ ¾ to 1 cup yogurt
- ◇ 1½ ounces of natural cheese (like cheddar or mozzarella)
- ◇ 2 ounces of American cheese
- ◇ ¾ cup pudding made with milk (a great snack or dessert)

Source: MyPlate

FOOD SHOPPING TIPS TO SAVE MONEY

You can feed your family healthy meals without breaking the budget. Food is a flexible expense and you can get the best buy for your money if you plan meals and shop for the best buys. Follow these food shopping tips:

- ◆ Read the newspaper ads and plan your meals around the grocery store specials.
- ◆ Make a list of food you need and stick to the list. Don't be tempted to buy things that aren't on your list.
- ◆ Eat before you go to the store. Shopping when you are hungry makes it tempting to buy more.

- ◆ Compare brands. Look at the cost and the quality. Store brands are often a better price.
- ◆ Compare prices different stores. Look at prices in several stores if you have a choice.
- ◆ Buy "day-old" bread at a lower price if it will be eaten soon.
- ◆ Compare the price of frozen, fresh and canned foods.

Reference: University of Illinois Extension

RECIPE OF THE MONTH

Lickety Split Banana Split

Yield: 1 servings

Ingredients:

- 1 banana
- ½ cup strawberry yogurt, low-fat
- ½ cup whole grain cereal
- ¼ cup strawberries, sliced
- ¼ cup grapes, halved

Instructions:

1. Peel and cut the banana in half, lengthwise.
2. Place the banana in a cereal bowl.
3. Top banana with yogurt and sprinkle with cereal and fruit.

Nutrition Facts

Serving Size 1 recipe
Amount Per Serving

Calories	483
Total Fat	5g
Saturated Fat	2g
Cholesterol	5mg
Sodium	215mg
Total Carbohydrate	105g
Dietary Fiber	8g
Sugars	61g
Protein	12g
Vitamin A	270mcg
Vitamin C	40mg
Calcium	221mg
Iron	0

*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	2000	2500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300mg	
Sodium	Less Than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4