



Milk Group

Get your calcium-rich foods

Why is the Milk Group important?

Milk and other dairy foods are rich in nutrients our bodies need to build and maintain strong bones. Dairy foods provide calcium, potassium, protein, vitamins A and D, and several other nutrients.

How much food from the milk group do I need every day?

People over age 9 should have three cups of milk or Milk Group foods daily. Children ages 2 to 8 need two cups daily. One cup of milk equals one cup of yogurt or 1.5 ounces of natural cheese or 2 ounces of processed cheese.

Which has more calcium: fat-free milk or whole milk?

Fat-free, low-fat and whole milk have about the same amount of calcium. Whole milk and low-fat milk have more fat and more calories than fat-free milk. If you drink whole milk, try to switch to lower-fat milk gradually. Infants from 1 to 2, however, should be fed whole milk.

I think I have lactose intolerance because I get a stomach ache when I drink milk. What can I do?

People who have lactose intolerance lack a chemical (an “enzyme”) that allows the breakdown of the natural sugar in milk (“lactose”). Some people with lactose intolerance can drink smaller amounts of milk with meals. You may tolerate hard cheeses and yogurt. You also can buy enzymes to add to milk.

If you can’t tolerate dairy, you still need a source of calcium. Try cooked dry edible beans, broccoli, sardines with bones, soy beverages, calcium-fortified orange juice and cereals. Read Nutrition Facts labels on foods to learn the calcium content.

My kids like chocolate milk. Is the calcium in chocolate milk used by the body?

Only a small difference exists between chocolate and plain milk in how well the body uses calcium. Many children prefer flavored milk and drink more, so they’re getting valuable calcium. Chocolate milk is higher in calories from the added cocoa and sweeteners, however, so you may want to provide it as a treat.

How can I get my family to reach the “3-A-Day of Dairy” goal?

Keep dairy foods available and set a good example. Try these tips:

- Drink milk with meals.
- Use milk instead of water or add nonfat dry milk when making hot cereal or cream soups.
- Have yogurt for a snack or as dessert.
- Top casseroles, soups, stews or vegetables with low-fat cheese.



Contact your local Extension Service office or visit www.mypyramid.gov to learn more.

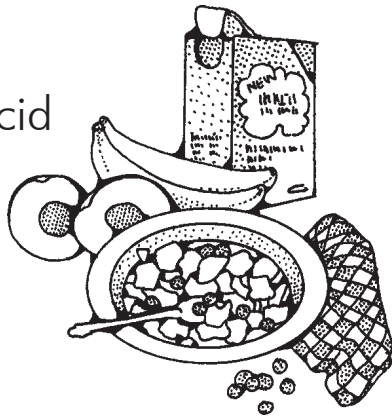
Why have I been hearing so much about folic acid?

January is Folic Acid Awareness Month, a good time to pay attention to this important vitamin. Folic acid is especially important for women of childbearing age. When women get enough folic acid before and during pregnancy, their babies have a lower chance of having certain birth defects, such as spina bifida. Folic acid is important for everyone. It may help reduce our risk of certain types of cancer, heart disease and possibly Alzheimer's disease.

Does milk have folic acid?

Milk is not a good source of folic acid, but it's often served with folic acid-rich foods. Folate (the form of folic acid found naturally in foods) is in leafy green vegetables, such as romaine lettuce and broccoli; cooked dry edible beans; orange juice; and other foods. Folic acid (the man-made form of the vitamin) is found in most breakfast cereals, flour, pasta and other grain foods. Read Nutrition Facts labels to learn more.

Get your folic acid and calcium by emptying your bowl of cereal and milk!



Here's a tasty recipe from 3-A-Day of Dairy. For more recipes, visit www.3aday.org.

Pumpkin Pancakes

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| 1 c. all-purpose flour | 2 Tbsp. melted butter |
| 1 Tbsp. sugar | 1 egg |
| 2 tsp. baking powder | ½ c. canned pumpkin* |
| ½ tsp. cinnamon | ½ c. plain or vanilla yogurt |
| 1 c. milk | |

Combine first four ingredients in one bowl. In another bowl, combine remaining ingredients, mixing well. Add wet ingredients to flour mixture. Batter may be lumpy. Pour batter onto a greased griddle or skillet and cook until golden.

Makes 12 pancakes (four servings). Each serving has 270 calories, 8g fat, 38g carbohydrate and 190mg calcium.

*Tip:

If using canned pumpkin, freeze the rest in an air-tight plastic container.

Menu Idea

Pumpkin Pancakes with maple syrup
Crisp bacon or turkey bacon
Orange or banana slices
Low-fat milk

Contact the local office of the NDSU Extension Service for more information on food and nutrition or managing your food dollar.

