



June is Dairy Month

School's out, so daytime milk breaks have ended for kids.

Keep dairy on your menu this summer, but not just for kids. We all need calcium and vitamin D to keep our bones strong, and potassium and protein to keep our heart and muscles working properly.

Milk is a convenient "nutrition package" with nine essential nutrients. We should aim for three servings of dairy every day, according to the 2015 U.S. Dietary Guidelines for Americans. Milk, yogurt and cheese are included in the dairy group, and the guidelines recommend consuming low-fat or fat-free milk.

Some recent research featured on the news suggests that higher-fat milk products may have a protective effect against heart disease and diabetes. As research is published, recommendations are updated, so stay tuned. For now, remember that all types of milk contain about the same amount of calcium and vitamin D.



How Much Calcium Do I Need?

Find your age, gender and daily calcium recommendations in milligrams (mg) on the chart.



Age	Male	Female
0-6 months	200 mg	200 mg
7-12 months	260 mg	260 mg
1-3 years	700 mg	700 mg
4-8 years	1,000 mg	1,000 mg
9-13 years	1,300 mg	1,300 mg
14-18 years	1,300 mg	1,300 mg
19-50 years	1,000 mg	1,000 mg
51-70 years	1,000 mg	1,200 mg
71+ years	1,200 mg	1,200 mg

Source: National Institutes of Health.

Quick Tip:

Calcium is listed as a percent daily value on Nutrition Facts labels. To convert to milligrams, add a zero. For example, 1 cup of milk provides 30 percent of the daily value or 300 milligrams calcium. (This conversion only works for calcium.) See www.choosemyplate.gov/dairy-calcium-sources for more calcium options.

What if members of my family cannot drink milk due to allergies or lactose intolerance?

Someone who is allergic to milk cannot consume milk because he or she may have life-threatening reactions. Be sure to look for the milk allergen statement ("Contains milk") right under the ingredient list on Nutrition Facts labels. Calcium-fortified soy beverages and other fortified foods and beverages would be an option for those allergic to milk.

People with lactose intolerance do not have enough of an enzyme (natural chemical that breaks down the sugar). When they drink milk, they might get gas, diarrhea and stomachaches. Some people with lactose intolerance can tolerate yogurt or cheese better than fluid milk, or they can have milk with meals. Lactose-free dairy products are another option.

This program is funded in part by USDA's Supplemental Nutrition Assistance Program. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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*This recipe comes from the Midwest Dairy Council.
Try cooking it on an outdoor grill, but watch carefully.*

BBQ Chicken and Cheddar Foil Packet Dinner

- 3 Tbsp. barbecue sauce
- 4 small boneless, skinless chicken breast halves (1 pound)
- 2 small unpeeled red potatoes, thinly sliced
- 1 red or green bell pepper, seeded and sliced
- 1 green onion, finely chopped
- ¼ tsp. salt
- ⅛ tsp. black pepper
- 1½ c. reduced-fat cheddar cheese



Menu Idea
BBQ Chicken and Cheddar Foil Packet Dinner
Strawberries and grapes with vanilla yogurt dip
Milk

Preheat oven to 375 F. Place a foil sheet, approximately 12 by 12 inches, on a work surface. Spoon about 1 teaspoon of the barbecue sauce in the center of the foil. Place one chicken breast half over the barbecue sauce and spread another teaspoon of sauce over chicken. Top with one-fourth of the vegetables. Sprinkle with salt and pepper.

Fold foil in half to cover and make narrow folds along the edges to seal. Repeat with the remaining ingredients to make three more packets. Place the packets on a baking sheet and bake for 35 minutes. Measure the temperature of the chicken with a food thermometer. It should be 165 F. Carefully open the packets (they will be very hot). Sprinkle the cheese over each chicken breast and return to the oven for two minutes or until cheese is melted.

Makes four servings. Each serving has 140 calories, 7 grams (g) fat, 7 g protein, 13 g carbohydrate, 2 g fiber and 330 milligrams sodium.



Just for Fun

What kind of socks does a gardener wear?
Garden hose.

We like to grill steaks now and then, but we are on a budget. How can we save money on summertime grilling?

Compare prices. Consider using less expensive cuts of meat, which are lean, flavorful and budget-friendly. Use a marinade to tenderize cuts such as chuck or round steak. Some stores sell flat iron steaks and other “value cuts.” They can be grilled or cooked in a skillet. See “Now Serving: Lean Beef” (available at www.ag.ndsu.edu/pubs/yf/foods/fn711.pdf) for more information and recipes for marinades.

Consider your serving sizes, too. A “serving” of meat is about 3 ounces (cooked), which is the size of a deck of cards.

FoodWi\$e Tip of the Month

Grow Some Veggies in Pots

You still have time to plant some containers of vegetables even if you do not have a garden plot. Try growing some lettuce and herbs in a gallon-size pot or container. Grow tomatoes, peppers or string beans in a 5-gallon pot or bucket.

Be sure the container has holes in the bottom and ¼ inch up the sides. Use a good potting mix and add some plant food (fertilizer) according to the directions on the package. Set the pot in a sunny spot and water regularly because container pots will dry out more quickly. See www.ag.ndsu.edu/fieldtofork for more information about growing vegetables.



Julie Garden-Robinson, Food and Nutrition Specialist

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

