

# Smart Choices

## Nutrition News

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### Make a Smart “Moove” - Select Low-Fat Dairy

The USDA’s MyPyramid is a guide to help you make healthier food choices and increase physical activity. For the Milk group, MyPyramid recommends that most people get three cups of milk products a day (2 cups for children age 2 to 8).

A one cup serving can equal 1 cup milk or yogurt, 1-1/2 ounces of natural cheese or 2 ounces of processed cheese.



Foods from the Milk group are packed with nutrition. They provide calcium, protein, potassium, vitamin A and B vitamins to the diet. Plus many dairy products have vitamin D added which helps your bones absorb calcium.

#### Make A Smart Choice

Skim milk, 1% milk and low-fat or fat-free yogurt and cheese are the best choices for adults and children over the age of 2.

♦ Choosing dairy products lower in fat saves you calories. Look at these comparisons of calories in milk products:

- ♦ **Whole milk—150**
- ♦ **2% milk—121**
- ♦ **1% milk—102**
- ♦ **Skim milk—86**

If you change from whole milk to 1% milk and have 2 cups a day, that change will save you nearly 100 calories. In a year that can add up to 36,000 calories saved. That could mean up to 10 pounds of weight loss!

- ♦ Low-fat dairy foods are heart healthier, because they are lower in saturated fat.
- ♦ The calcium found in dairy products will help fight Osteoporosis. Bones can become weakened by years of calcium deficiency. Research shows that 9 out of 10 teen girls and women, plus 7 out of 10 teen boys and men fail to get the amount of calcium they need for strong bones.

♦ Dairy calcium helps weight loss and control. New research shows getting enough calcium helps your body burn fat better.



#### Don’t Like White Milk!

Try low-fat, flavored milks. They’re just as nutritious!! In fact a recent study found that kids that drink flavored milk actually drink more total milk and less soda than those kids who drink unflavored milk. That’s a smart choice, since soda has zero nutrition and is a major source of added sugar. Dentists think soda is more likely to cause cavities than flavored milk.

#### In this Issue:

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- **Get Your Calcium-rich foods**
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## Get Your Calcium-Rich Foods

- \* Serve low-fat or fat-free milk at meals and with snacks.
- \* Top pizza, vegetables and sandwiches with low-fat cheese.
- \* Use plain yogurt for dip recipes or on baked potatoes instead of sour cream.
- \* Make oatmeal with milk instead of water.
- \* Stock up on cheese sticks & yogurt cups for calcium-rich snacks.
- \* Top fruit with yogurt for a dessert.
- \* Stock a few cans of evaporated fat-free milk to replace cream in recipes.

If your family usually drinks whole milk, begin working your way down to reduce the fat in your milk choice by trying reduced-fat (2%), then low-fat (1%) and finally fat-free (Skim) milk. Take your time making the change so it will become a habit!

## Skillet Mac and Cheese



- 1/4 cup light margarine
- 1 cup chopped onion
- 1 tablespoon all-purpose flour
- 1 (8 ounce) bag elbow macaroni, uncooked
- 3 1/2 cups 1% milk
- 2 cups shredded low-fat Cheddar cheese

**Melt margarine in a large pan. Add chopped onions and cook until brown and tender. Stir in flour. Add macaroni to pan. Stir. Add milk, cover and bring to a boil. Lower heat and cook for 15 minutes or until macaroni is tender, stirring occasionally. Add cheese to the mixture. Stir until cheese melts at a low heat. Do not boil.**

**Serves: 7**

**Each 1 cup serving provides: 279 calories, 8 g of total fat, 3 g saturated fat, 0 g trans fat, 35 g carbohydrates, 17 g protein, 1 g dietary fiber, 12 mg cholesterol and 344 mg sodium.**

## Hot Chocolate

- 3 cups skim milk
- 1/3 cup semisweet chocolate, grated (or mini chocolate chips)
- 1 teaspoon sugar
- 1/2 teaspoon ground cinnamon
- 1 egg



Put milk into a microwave-safe container and cook on high in microwave for 2 minutes. Mix in chocolate, sugar and cinnamon. In a small bowl, whisk an egg until smooth, and then mix it into the chocolate mixture. Return to microwave and cook on high for 3 to 4 minutes or until foamy (be careful to not let it boil). Whisk until smooth and pour into mugs. Garnish with a sprinkle of cinnamon if desired.

**Serves 4**

**1 cup serving provides: 198 calories, 8 g total fat, 5 g saturated fat, 25 g carbohydrates, 9 g protein, 1 g dietary fiber, 59 mg cholesterol and 118 sodium.**

## What's the Purpose of Food Stamps?

The Food Stamp Program isn't about welfare. Its goal is helping people with limited incomes improve their nutrition for better health and disease prevention. The program is available to all eligible persons.

Food stamp coupons have been replaced by an electronic card that looks and works just like a typical debit or credit card used by any grocery shopper. No one but you and the grocery check-out clerk will know you are using food stamps. The Food Stamp Program can help you buy nutritious foods for a better diet. To find out more contact 1-888-LAHELPU or visit [www.dss.state.la.us](http://www.dss.state.la.us).



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To find out how to apply, call 1-888-LAHELPU or visit: [www.dss.state.la.us](http://www.dss.state.la.us) to download an application for Food Stamps