

*Focusing on:*

# The City of “Cheeza”



## **A Look at the Milk Group**

According to the new pyramid, every adult needs two to three servings from the milk, yogurt, and cheese group each day. All fluid milk products and many foods made from milk are considered part of this food group. Foods made from milk that retain their calcium content are part of the group, while foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Most milk group choices should be fat-free or low-fat.

Dietitians and doctors agree - milk, cheese and yogurt can help build stronger bones and better bodies. With 9 essential nutrients including calcium, protein, potassium, phosphorus, vitamins A, B12 and D, riboflavin and niacin, dairy foods pack a powerful nutrient punch! Aim for low fat and fat free calcium rich foods fortified with vitamin D.

Tips to incorporate milk/dairy into your daily eating plan:

### **Breakfast:**

Breakfast is the most important meal of the day! Along with kick starting your metabolism and helping you maintain a healthy weight, a healthy breakfast gives your brain the energy to function at peak potential, and makes it more likely that you'll meet the daily requirements for vitamins and minerals!

- Make a smoothie with fruit and low fat yogurt
- Add a little granola and/or fruit to some low fat yogurt
- Use milk instead of water in your hot cereals
- Make your hot cocoa with milk
- Add some low fat cheese to your scrambled eggs or omelet
- Try a calcium fortified orange juice

### **Snacking:**

The key to healthy snacking is to aim for nutrient dense snacks. Choosing low fat foods packed with protein will make your snack stick with you instead of leaving you hungry again only a short time later.

- Try some low fat string cheese
- Layer low fat cheese and lunchmeat on your favorite cracker
- Freeze squeezable yogurt for a quick and creamy popsicle!
- Having a sweet treat? Add a glass of milk to balance it out.

### **Portion Sizes—Quick Tips:**

- 1 cup (8 oz.) = a serving of milk, soymilk or yogurt
- 2 cups (4 oz.) = a serving of low fat cottage cheese or calcium-rich tofu
- $\frac{1}{3}$  cup = a serving of shredded cheese
- 1  $\frac{1}{2}$  oz = a serving of reduced fat cheese
- 1 oz cheese = about the size of your thumb

## Dining Out:

Dining out does not have to be an “exception to the rule” when trying to stick to a healthy diet. There are many ways to get the nutrients you need from the milk, cheese, and yogurt group without overindulging.

- Order milk as your beverage with your meal
- Replace coffee drinks with non or low-fat steamers
- Ask for shredded parmesan on foods instead of other shredded cheeses
- If dessert is a must, try non or low-fat frozen yogurt, soy ice cream, or pudding

## Eating On A Budget

Eating nutritiously on a budget seems difficult, but it doesn't have to be. Often times, generic brands of dairy foods are cheaper than brand names and usually taste the same, if not better. Keep an eye out for expiration dates and buy products with long shelf lives. If kept cold, milk will last for 2-3 days after the expiration date and products like yogurt and cottage cheese normally stay good for weeks. Freezing foods, such as shredded cheese, is another way to keep things from going bad before you are ready to use them again. Remember, fresh skim and low-fat milk as well as milk in gallon or half-gallon containers often costs less than fresh whole milk or milk in quarts or pints. Additionally, bulk cheese is normally less-expensive and contains more calcium than pre-sliced, individually-wrapped cheese.

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## Got Milk?

Getting in the servings of dairy as recommended by the New Pyramid can help you take charge of your blood pressure. Researchers have found that the Dietary Approaches to Stop Hypertension (also



**This Week's Challenge**

*Substitute a glass of milk the next time you grab for a soda.*

known as DASH) eating plan, which includes three servings of low-fat dairy foods and 8 to 10 servings of fruits and vegetables, may help lower blood pressure as much as medications for some people. The DASH diet is endorsed by the National Heart Lung and Blood Institute and the American Heart Association as one of several lifestyle modifications designed to prevent and treat high blood pressure. And the benefits of milk don't stop there!

Milk is an excellent source of vitamin D, riboflavin, and phosphorus. Milk is also good if you're looking for a source of potassium, vitamin A, vitamin B12, niacin, and muscle-building protein.

## Five Questions

Here are five questions for you to consider as you progress through this campaign.

1. If you had one wish relating to improving your health and fitness, what would it be?
2. What's the best way you can track your progress?
3. To date, what's the biggest diet success you have experienced?
4. Are others happy with the changes you are making?
5. What emotion best describes how you feel about yourself when you make a conscious decision to eat right?