

# Dairy For Breakfast

*Adults Need Dairy, Too!*



## Why is Dairy Important?

Dairy products provide very important nutrients such as: calcium, vitamin D, niacin, vitamin B12, potassium, magnesium and vitamin A, which many adults miss in their daily diets.

Studies show that adding dairy foods to your diet not only promotes healthy bones, but also might help reduce high blood pressure and some cancers along with helping to maintain a healthy weight.

Do your health a favor and have some dairy for breakfast!

## Tips to Add Dairy to Your Mornings

- Add low-fat milk to a bowl of cold or hot cereal.
- Add low-fat milk to your coffee.
- Sprinkle low-fat cheese over your eggs.
- Have some yogurt with granola and some fruit.
- Blend fresh oranges with strawberry yogurt and ice.
- Have a cheese omelet.

**Servings:** 2

### Nutritional Facts per serving:

Calories: 370

Fat: 2.5g

Saturated Fat: 0g

Cholesterol: 15 mg

Sodium: 10mg

Carbohydrate: 61g

Protein: 17g

Calcium: 25% Daily Value

## Breakfast Yogurt

### Ingredients:

2 cups low-fat vanilla yogurt

½ cup crunchy low-fat cereal or granola

½ cup fresh or defrosted frozen fruit, sliced (strawberries, blueberries, or bananas)

### Directions:

1. Spoon ½ cup yogurt in the bottom of 2 tall glasses.
2. To each glass, add 2 tablespoons cereal and ¼ cup fruit.
3. Divide the remaining yogurt between the two glasses and top with remaining cereal.



## Whole Wheat Banana Pancakes

### Ingredients:

1 cup uncooked rolled oats	½ teaspoon salt
1 cup whole wheat flour	1 egg
¾ cup all-purpose flour	2 cups milk
¼ cup brown sugar	2 tablespoons vegetable oil
2 tablespoons dry milk powder	1 teaspoon vanilla extract
2 teaspoons baking powder	1 banana, mashed
½ teaspoon baking soda	

### Directions:

1. Blend oats in a blender until the texture resembles coarse flour.
2. Stir together in a bowl the oats, whole wheat flour, all-purpose flour, brown sugar, dry milk powder, baking powder, baking soda and salt; set aside.
3. Whisk together egg, milk, vegetable oil and vanilla. Stir in mashed banana. Pour egg mixture into flour mixture and stir just until moistened. Let batter stand 5 minutes.
4. Heat a lightly oiled skillet over medium high heat. Pour ⅓ cup batter into the pan, and cook until bubbles form and the edges are dry, about 2 minutes. Flip and cook until browned on the other side. Repeat with remaining batter.

**Tip:** Make this recipe on the weekend and freeze for a quick breakfast on a busy day.

**Servings:** 4

### Nutritional Facts per serving:

Calories: 321  
Carbohydrate: 54g  
Total fat: 7g  
Dietary fiber: 3g  
Cholesterol: 40mg  
Protein: 10g  
Calcium 163mg



## Creamy Banana Nut Oatmeal

### Ingredients:

1 cup fat-free skim or 1 percent low-fat milk
2 packets instant oatmeal
½ ripe banana, mashed
½ tablespoon chopped pecans or walnuts

### Directions:

1. In a small bowl, combine milk and packets of oatmeal.
2. Microwave on high for 1-2 minutes until steaming hot, but not boiling.
3. Stir until creamy. Stir in mashed banana. Sprinkle with nuts.
4. Serve.

### Nutritional Facts per serving (with banana):

Calories: 302  
Carbohydrate: 50g  
Calcium: 428mg  
Total fat: 5g  
Dietary fiber: 3g  
Cholesterol: 14mg  
Protein: 15g

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# Add Dairy Daily

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## Breakfast

Pancake dilla — make a pancake quesadilla by putting 1 cup fruit yogurt between two pancakes.

Pizza for breakfast — melt 1 slice low-fat Swiss cheese over lean ham on a toasted English muffin.

Fruit smoothie — blend any cup of fruit with a cup of low-fat milk or yogurt and a cup of ice.

Wonderful waffles — put strawberry yogurt and berries on top of whole wheat waffles.

Milk steamer — heat up a cup of low-fat milk with any flavoring and add cinnamon.

Cheesy omelet — melt low-fat cheddar or provolone cheese over an egg white omelet.

Creamy cereal — add your favorite cereal to a cup of low-fat yogurt for a creamy on-the-go breakfast.



## Lunch

Saucy burger — combine 1 cup yogurt with  $\frac{1}{4}$  cup low-fat shredded cheddar cheese with taco seasoning to top off an extra lean burger.

Tremendous tuna sandwich — melt 1 slice low-fat American cheese over an open-faced tuna sandwich.

Creamy chicken noodle — add low-fat milk to your chicken noodle soup instead of water.

Roll-up — roll 1-2 slices part-skim Mozzarella cheese in a tortilla and dip in tomato sauce.

Chicken dip — mix yogurt with ranch dressing mix for a yummy dip for your breaded chicken tenders.

Loaded potato — heat a can of low-fat chili to top a baked potato, add a dollop of low-fat plain yogurt.

Creamy fruit salad — add low-fat yogurt to your fruit salad mixture.



## Snacks

Quick snack — try a bottle of drinkable yogurt for an on-the-go snack.

Cheesy popcorn — toss  $\frac{1}{4}$  cup low-fat Colby Jack cheese shreds with 2 cups popcorn.

Veggie dip — mix yogurt with taco seasoning for a spicy dipping sauce for your veggies.

Wrap it — roll a reduced-fat slice of Swiss cheese around a fat-free pretzel.

Nachos — top baked tortilla chips with a chili Monterey Jack dip made with onions, peppers and  $\frac{1}{4}$  cup low-fat shredded cheese.

Milk for dessert — try a new milk flavor such as mocha, cookies 'n cream and orange.

Pretzel dip — dunk fat-free pretzels into a yogurt and honey or Dijon mustard dip.

Flavored ice — fill an ice tray with low-fat chocolate or strawberry milk for a sweet frozen treat.



## Dinner

Splendid ravioli — top low-fat ravioli with marinara and part-skim Mozzarella cheese.

Tasty taco salad — top baked tortilla chips with yogurt mixed with salsa, lean grilled chicken, and  $\frac{1}{4}$  cup shredded, low-fat Colby Jack cheese.

Crusted fish — bake your favorite fish with Parmesan bread crumbs and dip in 1 cup yogurt mixed with diced pickle, salt and pepper.

Mac 'n cheese — microwave a single serving macaroni and top with 1 teaspoon grated Parmesan cheese.

Ham and cheese dilla — place lean ham and low-fat Monterey Jack cheese slices between 2 tortillas.

Rocking risotto — make a creamy vegetable risotto with 1 cup low-fat milk instead of water.

Great addition — add low-fat shredded cheeses to vegetables, beans, salads, soups and whole grain rice.



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# Cheese

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## How Much Cheese to Eat

Any of the following will count as 1 serving of dairy foods:

- 1½ ounces natural cheese
- ⅓ cup shredded cheese
- 2 ounces processed cheese
- A serving of cubed cheese looks about the size of 3 dice.



## Make Cheese Healthy

Try low-fat or fat-free products.

Aged cheeses such as cheddar or Swiss are low in lactose and may be okay for those who are lactose intolerant.

## Easy Ways to Add Cheese

Make a Salsa Roll-up: Roll a stick of string cheese in a small whole wheat tortilla and dip in salsa.

Sprinkle low-fat grated cheese on soups, salads and cooked vegetables.

Make a Chicken Melt: Melt reduced-fat Colby Jack cheese over 2 ounces cooked or canned chicken on a toasted English muffin.

Top wheat crackers with low-fat Mozzarella cheese and cherry tomatoes that have been cut in half.

## Money Saving Tip

Buy cheese by the block and shred or cut into individual portions yourself instead of buying it precut.



## Graters

Graters come in several different varieties such as squared, one-sided and flat.

Squared, stand-up graters are the safest to use because they are more stable.

Make sure to always leave ½-inch cheese between the grates and your fingers to keep from getting cut.

## Cranberry Turkey Wrap

### Ingredients:

- 4 whole wheat tortillas
- 8 1-ounce slices turkey breast
- 8 slices reduced-fat cheddar cheese
- ¼ cup dried cranberries

### Directions:

1. Put 2 slices turkey and 1 slice cheese in the center of each tortilla.
2. Sprinkle each with dried cranberries.
3. Fold each tortilla into thirds.
4. Place seam down on a microwave safe plate. Top with another slice of cheese.
5. Microwave, one at a time on HIGH 1 minute.

**Tip:** Try Swiss or Provolone instead of Cheddar.



**Servings:** 4

### Nutritional Facts per serving:

Calories: 324  
Carbohydrate: 33g  
Calcium: 260mg  
Total fat: 7g  
Dietary fiber: 2g  
Cholesterol: 35mg  
Protein: 31g

## Baked Potato with Cheese Topping

### Ingredients:

- 8 baking potatoes
- 16 ounces frozen broccoli, cauliflower and carrot blend
- 2 cups reduced-fat shredded sharp Cheddar cheese
- ¼ teaspoon pepper

### Directions:

1. Scrub potatoes and cut away eyes and other defects. Prick each with a fork. Bake in microwave or oven until tender.
2. Cook frozen vegetables according to package directions. Drain well.
3. Toss hot vegetables with 1 cup shredded cheese and pepper.
4. Split open each baked potato. Spoon about ⅓ cup cheese and vegetable mixture over each. Sprinkle with remaining cheese.



**Servings:** 8

### Nutritional Facts per serving:

Calories: 320  
Carbohydrate: 55g  
Calcium: 260mg  
Total fat: 6g  
Dietary fiber: 7g  
Cholesterol: 20mg  
Protein: 12g

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# Dairy Beverages

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## Facts

- Milk provides protein to support muscle growth and maintenance.
- There were 20.8 gallons of milk available to each American in 2008. During that same year, we averaged 760 8-ounce servings of carbonated beverages each (that equals 47.5 gallons).
- A 12-ounce soda contains 30-40 grams of sugar or more, about 140 calories, but very few important nutrients needed by both adults and children.
- Milk contains vitamins and minerals commonly missing from adult diets such as vitamin A, vitamin D, vitamin B12, riboflavin, niacin calcium, potassium and phosphorus.

## Quick, Easy Ways to Add Dairy to Your Beverages

- Add low-fat milk to your coffee.
- Make milk steamers by heating up milk, then adding honey or cinnamon for a warm treat.
- Drink flavored low-fat milk when you feel the need to reach for something sweet such as a soda.
- If lactose intolerant, try finding a lactose-free milk instead of leaving milk out of your diet completely.

## Take Dairy Beverages on the Go

- An insulated container would be a good way to make milk or dairy beverages last longer.
- Drinkable yogurts are a good dairy choice to take for later use. When frozen, drinkable yogurt will last a few hours and be thawed when you are ready for a drink.
- Store an ice pack with cold dairy foods when you'll be away from refrigeration for several hours.



## Apple Yogurt Smoothie

### Ingredients:

- 2 cups low-fat vanilla yogurt
- 1 Granny Smith apple, cored, peeled and diced
- ½ cup orange juice
- ½ cup ice

### Directions:

1. Mix all ingredients in a blender until smooth.
2. Pour into 3 tall glasses and enjoy.



**Servings:** 3

### Nutritional Facts per serving:

Calories: 189  
Carbohydrate: 35g  
Calcium: 287mg  
Total fat: 2g  
Dietary fiber: 2g  
Cholesterol: 8mg  
Protein: 9g

### Nutritional Facts per serving:

Calories: 214  
Carbohydrate: 32g  
Calcium: 210mg  
Total fat: 7g  
Dietary fiber: 1g  
Cholesterol: 3mg  
Protein: 7g

## Peanut Butter and Banana Breakfast Shake

### Ingredients:

- 1 cup fat-free or low-fat milk
- ½ cup frozen or fresh banana slices
- 1 tablespoon smooth peanut butter
- ½ teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- 1 tablespoon chocolate syrup
- 1½ cups low-fat frozen yogurt

### Directions:

1. Combine all ingredients in a blender; blend until smooth and creamy.
2. Serve in a tall glass or to-go container.



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# Dairy Snacks

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## Is Snacking OK?

Snacking helps control eating associated with going too long between meals. Plus, these mini meals provide up to 25 percent of a person's daily energy needs, helping fill important nutrient gaps. Be sure to keep healthful, nutrient-rich quick snacks like string cheese and yogurt on hand.

## Why Have Dairy Foods for a Snack?

Dairy foods promote prevention of diseases such as osteoporosis and helps maintain a healthy blood pressure.

Low-fat dairy products have been shown to promote weight loss especially in the mid section.

## Do the Math

Milk, yogurt and cheese combined, provide seven important nutrients in your diet. Americans tend to miss out daily on four of those: calcium, potassium, magnesium and vitamin A.

3 cups of low-fat milk provides a large portion of the amount of these nutrients adults need every day (Daily Value or DV) plus other nutrients.

- 92% DV Calcium
- 33% DV Potassium
- 74% DV Phosphorus
- 48% DV Protein
- 30% DV Vitamin A
- 75% DV Vitamin D
- 20% DV Magnesium

## Estimating Serving Size:

½ cup frozen yogurt = a light bulb

1 cup yogurt = a baseball

3 ounces of cheese = 3 dice

1 slice of cheese = a floppy disk



## Spinach Mushroom Dip

### Ingredients:

- 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
- 1½ cups fat-free sour cream
- 1 cup fat-free mayonnaise
- 1 cup chopped fresh mushrooms
- 3 green onions, chopped
- 4 cups raw vegetables for dipping



**Servings:** 10

### Nutritional Facts per serving:

Calorie: 57  
Carbohydrate: 11g  
Calcium: 75mg  
Total fat: trace  
Dietary fiber: 1g  
Cholesterol: 3mg  
Protein: 2g

### Directions:

1. Combine all ingredients in a medium bowl. Mix well. Cover and refrigerate until chilled.
2. Serve with raw vegetables.

## Fruit Kebobs with Yogurt Dip

### Ingredients:

- 4 ounces low-fat, sugar-free lemon yogurt
- 1 teaspoon fresh lime or lemon juice
- 1 teaspoon lime or lemon zest
- 4 pineapple chunks
- 4 strawberries
- 1 kiwi, peeled and chunked
- 1 banana, cut in ½-inch chunks
- 8 red grapes
- 4 wooden skewers



### Directions:

1. To make the dip, mix together yogurt, lime or lemon juice, and lime or lemon zest in a small bowl. Cover and refrigerate until ready to serve.
2. Put one of each type of fruit onto each skewer. Repeat until all fruit is used.
3. Serve with the yogurt dip.

**Servings:** 2 kebobs

### Nutritional Facts per serving:

Calorie: 160  
Carbohydrate: 36g  
Calcium: 122mg  
Total fat: 1g  
Dietary fiber: 4g  
Cholesterol: 4mg  
Protein: 4g

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# Food Safety & Storage

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## General Dairy Safety

Refrigerator should be kept at a temperature below 40°F and freezer should be kept at a temperature below zero.

The expiration date gives you an idea of how long the dairy product will keep at your home. It does not tell you the date the product is no longer safe to use.

Always check expiration date, if expired use smell, sight or a small taste to decide whether or not the product has gone bad.

## Tips for Cheese Storage

If hard cheese is moldy, it can be used if you cut away the mold at least an inch from the part you will eat. Some types of cheese, such as blue cheese, are made using mold and are safe to eat.

Make sure the mold is part of the manufacturing process for the particular cheese in question.

Always keep cheese refrigerated to prevent the growth of unwanted molds. For the most part, hard cheeses last longer than soft cheeses.

Although freezing might change the flavor or texture of soft cheeses, they will last around 6 months in the freezer. When thawed, cheeses are best for crumbling over soups or salads.

## Handle Food Safely

Always wash your hands before and after handling food.

Keep all food exposed surfaces clean.

Keep raw meats away from other foods.

Avoid cross contamination by using different utensils for each food item when cooking.

Cook foods to the proper temperature.

## Tips for Milk Storage

Always keep milk refrigerated. Harmful bacteria can grow in milk at temperatures above 45°F, room temperature is usually around 68-77°F.

If necessary, milk can be placed in the freezer for up to 3 months.

When freezing milk, pour some milk out of the container to allow for expansion and shake well after thawing.



## Grocery Shopping Tips

When grocery shopping, add dairy products to your cart last to keep them cool.

Also, check to see if your grocery store provides cool lock paper bags. These will help to keep dairy products cold.

Another important thing to think about is the temperature outside. How long will your groceries be exposed to higher temperatures?

When it is hot try to shop at cooler times of the day.



## Tips for Yogurt Storage

If properly refrigerated, yogurt will still be safe to eat for up to 2 weeks after this date.

The flavor becomes stronger the longer you wait to eat.

Remember to use your judgment and if it smells, looks or tastes bad, throw it away.

A thin layer of water formed on top of yogurt isn't necessarily bad. This can be poured off.

Make sure all yogurt containers are sealed tightly and refrigerated at all times.

If using partial amounts from a large resealable container, use a clean spoon to remove what you need and quickly return the rest to the refrigerator.

## Why is Pasteurization Important?

Pasteurization makes milk safer but has little effect on flavor.

Pasteurization is the technique used to kill harmful bacteria in milk.

Milk is heated to extreme temperatures and then cooled in a safe controlled environment.

Unpasteurized milk may contain harmful bacteria such as Salmonella, Campylobacter and Listeria.

Pasteurization extends the shelf life of milk.

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# Milk

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## What are the Health Benefits of Milk?

Milk provides nine essential nutrients: calcium, potassium, phosphorus, protein, vitamin A, vitamin D, vitamin B12, riboflavin and niacin.

Vitamin D helps the body absorb and use calcium.

Potassium has been shown to help maintain a healthy blood pressure.

Milk protein supports muscle growth and maintenance.

## Why Drink Low-Fat Milk?

The Dietary Guidelines for Americans recognize that people who consume more low-fat and fat-free dairy foods have better overall diets, have more nutrient intake and improved bone health.

Low-fat milk has the same amount of calcium, protein, other minerals and vitamins as whole milk but has lower amounts of fat and calories.



Drink whole milk? Gradually lessen the fat content by switching to 2 percent then 1 percent and finally to skim milk.

## Serving Size Facts

One serving or one cup of milk costs about 25 cents.

3 cups of broccoli have the same amount of calcium as 1 cup of milk.

## Sweet Treats!

Drink low-fat chocolate or strawberry milk!

Strawberry sicles: mix low-fat strawberry milk with fresh strawberry slices and freeze in popsicle containers or small paper cups.

## Creamy Broccoli Soup

### Ingredients:

1½ cups water	½ teaspoon celery seed
3 cups broccoli, finely chopped	½ teaspoon salt
2 teaspoons vegetable oil	½ teaspoon pepper
1 cup chopped onion	⅛ teaspoon cayenne pepper
1 clove garlic, chopped	3 cups fat-free milk
¾ cup shredded Parmesan cheese	1 tablespoon flour

### Directions:

1. Combine water and broccoli in saucepan. Bring to a boil over medium heat, reduce heat and simmer 10 minutes. Remove from heat and set aside.
2. Heat oil in large skillet. Add onion and sauté until translucent, about 5 minutes. Add garlic and stir 30 seconds.
3. Add flour, stirring constantly to mix. Add liquid from broccoli and cook until thickened, about 10 minutes. Add the milk, broccoli and spices and stir well.
4. Cook until hot, but do not boil. Top each serving with 1 teaspoon Parmesan cheese.



**Servings:** 6

### Nutritional Facts per serving:

Calories: 146  
Carbohydrate: 52g  
Calcium: 355mg  
Total fat: 5g  
Cholesterol: 10mg  
Protein: 8g

**Servings:** 1

### Nutritional Facts per serving:

Calorie: 100  
Carbohydrate: 12g  
Total fat: 3g  
Dietary fiber: 0g  
Cholesterol: 10mg  
Protein: 8g  
Calcium: 300mg

## Iced Mocha Coffee

### Ingredients:

- 1 cup cold low-fat chocolate milk
- 1 cup fresh coffee, cooled
- Sugar substitute, to taste (optional)

### Directions:

1. Stir together ½ cup milk and ½ cup coffee. Pour into an ice cube tray and freeze overnight until frozen solid.
2. Pour remaining milk and coffee into a tall glass.
3. Sweeten to taste with sugar substitute and add half of the prepared milk ice cubes.



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# Dry Milk

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## What is Nonfat Dry Milk?

Nonfat dry milk (or NFDM) is pasteurized fat-free milk that has had the water removed.

Instant NFDM has been processed so the particles clump together resulting in a product that is easier to mix with water.

Once it has been mixed with water use the reconstituted NFDM like regular fluid milk.

When mixed with water, refrigerate the milk the same way you do regular milk and use it within a few days.

## Is NFDM as Nutritious as Fluid Milk?

Nonfat dry milk is an excellent source of calcium.

NFDM has all the same nutrients as fluid milk such as vitamin D, vitamin A, B-vitamins and protein.

Many mix reconstituted NFDM with an equal amount of fresh milk for drinking for better flavor and to save money.

## Why use Nonfat Dry Milk?

It tastes almost the same as fluid milk if you make it ahead and chill it well and has the same amount of nutrients, but NFDM lasts much longer than purchased fluid milk.

Store NFDM powder in a cool place. When stored at 70°F, NFDM in unopened containers will be good for up to 2 years. At 90°F the unopened milk will be good for only 3 months.

Many grocery stores sell dry milk in individual pouches so you only have to open what you need.

If NFDM develops an off-flavor during storage, use it in baked products.



## Mixing Nonfat Dry Milk

Combine powder and water in a jar with a lid or in a pitcher.

$\frac{1}{3}$  cup dry milk + 1 cup water = 1 cup nonfat milk

$1\frac{3}{4}$  cup dry milk +  $3\frac{3}{4}$  water = 1 quart nonfat milk

## Tips for Better Taste:

Refrigerate for several hours or overnight before drinking for better taste.

Stir in a little sugar or vanilla.

**Servings:** 10

**Nutritional Facts per serving: (meatballs only)**

Calorie: 128  
Carbohydrate: 47g  
Calcium: 66mg  
Total fat: 5g  
Dietary fiber: 1g  
Cholesterol: 47mg  
Protein: 12g

## Meatballs

### Ingredients:

$\frac{1}{3}$  cup water  
2 slices whole wheat bread, torn into small pieces  
 $\frac{2}{3}$  cup nonfat dry milk powder  
2 tablespoons chopped white onion  
1 egg  
 $\frac{1}{2}$  teaspoon salt  
1 pound lean ground beef

### Directions:

1. Preheat oven 350°F.
2. Pour water over bread, stir in dry milk, onion, egg and salt.
3. Add ground beef and mix gently but well.
4. Shape meat mixture into 1-inch balls and place on greased baking sheet or shallow pan.
5. Bake 30 minutes, until meatballs reach 160°F on a meat thermometer. Serve with spaghetti, or on hoagie rolls or hot dog buns.



## Cornbread

### Ingredients:

$1\frac{1}{2}$  cups all-purpose flour  
1 cup yellow cornmeal  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup nonfat dry milk powder  
1 tablespoon baking powder

$\frac{1}{3}$  cup vegetable oil  
 $1\frac{1}{2}$  cups water  
1 teaspoon salt  
1 egg

### Directions:

1. Preheat oven to 400°F.
2. Grease a 9x9-inch square pan.
3. Combine flour, cornmeal, sugar, dry milk, baking powder and salt into a large bowl; stir well.
4. Slightly beat egg.
5. Stir in water, vegetable oil and egg just until blended.
6. Pour into prepared pan.
7. Bake 20-25 minutes, until toothpick inserted in the center comes out clean.

**Servings:** 9

**Nutritional Facts per serving:**

Calorie: 148  
Carbohydrate: 23g  
Calcium: 63mg  
Total fat: 12g  
Dietary fiber: 1g  
Cholesterol: 14mg  
Protein: 3g



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Milk. A part of everything that's good.

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# Soft and Semi-Soft Cheeses

*Adults Need Dairy, Too!*

## Fresh, Soft and Semi-Soft vs. Hard Cheeses

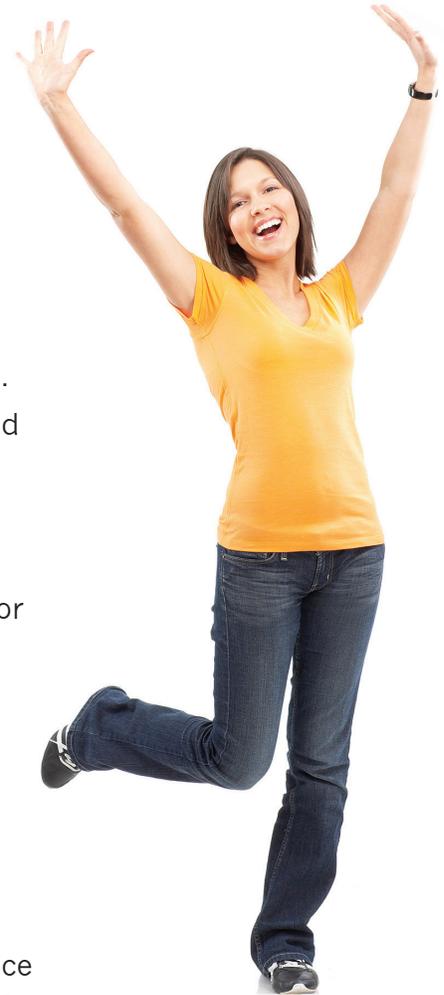
The main difference in the level of softness depends on the moisture content:

- Hard cheese has less than 50 percent moisture content.
- Semi-soft cheese has between 50 percent and 75 percent moisture content.
- Soft cheese has very high levels of moisture, above 75 percent.

Cheese varieties are different because of the type of milk used and the techniques used during production:

- Different strains of bacteria or molds are used.
- The length of aging varies.
- Milk from different animals with different fat contents and flavor are used.
- Flavoring agents such as herbs, spices and wood smoke can make a difference, as well.
- Nutrition.
- Look for and try low-fat or nonfat soft and fresh cheeses.
- Cheeses made with cow's milk usually have less fat than those made with goat's milk.

Although fresh and soft cheeses are usually not the best food choice for those who are lactose intolerant, pills made to help break down lactose can be taken prior to eating a soft cheese.



## Soft Cheeses



Soft cheese is eaten within a month or two of being made. Because of its higher moisture content it spoils more quickly than harder, aged cheeses.

There are three categories of soft cheeses.

1. Fresh: Feta, Cottage and Ricotta
2. Soft: Cream Cheese and Brie
3. Semi-soft: Fontina and Munster

Whichever cheese you choose, make sure it is made with pasteurized milk.

## Two-Cheese Pizza

### Ingredients:

- 2 tablespoons whole wheat flour
- 1 can refrigerated pizza crust
- vegetable cooking spray
- 2 tablespoons olive oil
- ½ cup low-fat ricotta or cottage cheese
- ½ teaspoon dried basil
- 1 small onion, minced
- 2 cloves garlic, minced or pressed
- ¼ teaspoon salt
- ½ cup shredded part-skim Mozzarella cheese
- 2 cups fresh mushrooms, cleaned and sliced
- 1 large green bell pepper, cored and cut into strips

### Directions:

1. Preheat oven to 425°F.
2. Spread whole wheat flour over working surface. Roll out dough with rolling pin to desired crust thickness.
3. Coat a cooking sheet with vegetable cooking spray. Transfer pizza crust to cooking sheet. Brush olive oil over crust.
4. Mix ricotta with dried basil, onion, garlic and salt. Spread mixture over crust.
5. Sprinkle crust with mozzarella. Top cheese with mushrooms and green pepper.
6. Bake 13-15 minutes or until crust is golden around the edges. Cool slightly and cut into 8 slices.

**Servings:** 4

### Nutritional Facts per serving: (2 slices)

Calorie: 474  
Carbohydrate: 60g  
Total fat: 17g  
Dietary fiber: 4g  
Cholesterol: 128mg  
Protein: 23g  
Calcium: 320mg



## Common Substitutions

- 1 cup cottage cheese = 1 cup Ricotta cheese
- 1 cup cream cheese = 1 cup cottage cheese or 1 cup yogurt strained overnight with cheesecloth

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# Yogurt

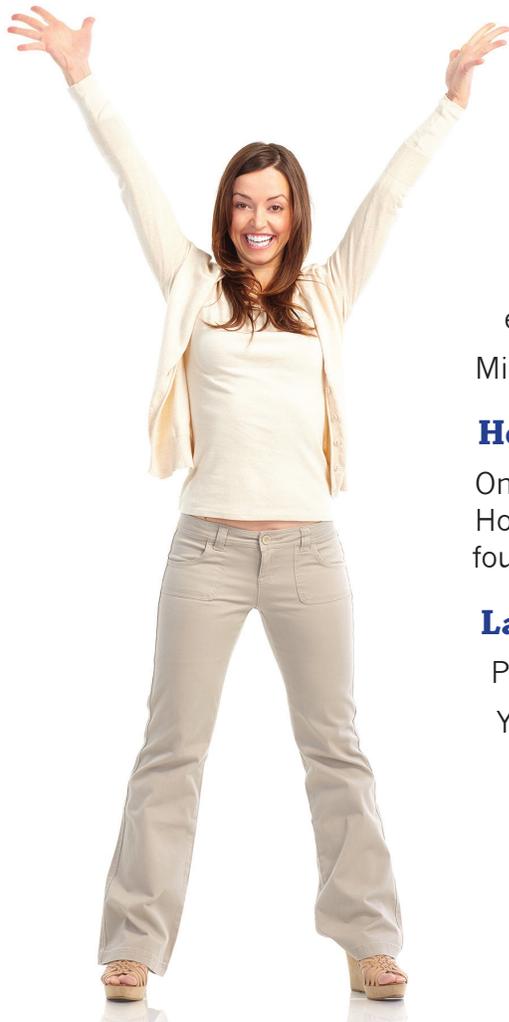
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## Why Eat Yogurt?

Eight ounces of low-fat plain yogurt contains around 12g of protein and about 45 percent of the daily value for calcium.

Some yogurts contain probiotics, which are live microorganisms that work in the intestine to restore the balance of helpful bacteria and raise resistance to harmful microorganisms.

Eight ounces of yogurt has about the same amount of potassium as a banana.



## Easy Ways to Add Yogurt to Your Diet

Mix crushed pecans into low-fat or fat-free vanilla yogurt for a quick high-protein snack.

Make Honey Fruit Dip by adding a spoon of honey to 6 ounces of fat-free yogurt and mix. Serve with fresh fruit.

Use nonfat yogurt instead of sour cream and butter.

Freeze whipped yogurt to make a frozen treat while also extending its shelf life.

Mix yogurt with fresh fruit or granola for a tasty snack.

## How Much Should You Eat?

One 8-ounce serving counts as a serving of dairy for adults. However, most single-serving cups are only 6 ounces or three-fourths of a dairy serving.

## Lactose Intolerant?

People who are lactose intolerant may be able to eat yogurt.

Yogurts that contain active cultures help to digest lactose.

**Servings:** 6

**Nutritional Facts per serving:**

Calorie: 395  
Carbohydrate: 36g  
Calcium: 340mg  
Fat: 15g  
Dietary fiber: 22g  
Cholesterol: 57mg  
Protein: 28g



## Chicken Enchiladas with Yogurt Sauce

**Ingredients:**

- 1/3 cup low-fat cream cheese
- 2 cups chopped, cooked chicken breast
- 1 1/2 cup chunky salsa
- 1 cup Mexican-blend or cheddar cheese, shredded
- 6 (8-inch) whole wheat tortillas
- 2 cups low-fat plain yogurt
- 1 cup chopped cilantro
- 1 teaspoon ground cumin



**Directions:**

1. Preheat oven to 350°F.
2. Heat cream cheese in large skillet over medium heat until soft, watching carefully.
3. Stir in chicken and 1/2 cup of salsa.
4. Add 1/2 cup Mexican-blend or cheddar cheese; stir until melted.
5. Spoon 1/6 of chicken mixture onto each tortilla, roll tortilla, place seam side down in baking dish.
6. Top with remaining salsa and cheese.
7. Bake 15 minutes or until heated through.
8. Combine yogurt, cilantro and cumin well to make sauce.
9. Top dish with sauce.

## Strawberry Lassi

**Ingredients:**

- 2 cups strawberries washed, stems removed
- 1/4 cup sugar
- 1/8 teaspoon ground cardamom or cinnamon
- 1 pinch salt
- 1 cup nonfat plain yogurt
- 1 cup ice cubes

**Directions:**

1. Combine all ingredients in a blender. Blend until smooth and frothy.

**Servings:** 2

**Nutritional Facts per serving:**

Calorie: 205  
Carbohydrate: 44g  
Calcium: 250mg  
Total fat: 1g  
Dietary fiber: 1g  
Cholesterol: 2mg  
Protein: 7g

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# My Breakfast Barriers

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**Breakfast benefits that are most important to me:**

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**My breakfast barriers are:**

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**Things I can do to overcome my barriers:**



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