

JUNE 2022

NUTRITION NEWS

A FRESH PERSPECTIVE ON HEALTH AND WELLNESS

K-12
by elior

BeWell

June is National Dairy Month!

For over 70 years, June has been celebrated as 'National Dairy Month,' to observe the hard-working dairy farmers and the nutritious foods that they help to produce. National Dairy Month was developed by grocery organizations in order to help distribute cold milk during the warm summer months. Producing dairy products begins on the farm. Check out these fun facts about farmers and their cows:

- Around 95% of US dairy farms are family-owned and operated making dairy farming a family tradition.
- Dairy farmers follow strict guidelines and work closely with veterinarians to keep their cows and the milk they produce safe and healthy.
- There are 7 different kinds of dairy cows in the US, including: Ayrshire, Brown Swiss, Guernsey, Holstein, Jersey, Milking Shorthorn, and Red & White.
- Cows are excellent swimmers and only sleep for about 4 hours each day.
- In 2020, 223 billion pounds of milk was produced according to the USDA's Milk Production Report.

Why Does Dairy Matter?

It is estimated that about 10 million US adults ages 50 and older have osteoporosis, a condition that affects bone health. Why does this matter to you? By the ages of 18 for girls, and 20 for boys, your bones will reach 90% of their overall "bone mass density," or "bone hardness." This is important because it helps you to become less likely to break bones or deal with osteoporosis later in life. The 2020-2025 American Dietary Guidelines recognizes low-fat or non-fat dairy products as being a part of a healthy diet for you and your growing bones. Here are some facts about dairy and your health:

- Dairy contributes many benefits to a healthy and happy lifestyle. Dairy, milk specifically, provides your growing body with 13 essential nutrients needed for good health including: Protein, Calcium, Vitamin D, Phosphorus, Vitamin A, Riboflavin, Vitamin B12, Pantothenic Acid, Niacin, Zinc, Selenium, Iodine, and Potassium.
- Milk provides 3 of the 4 nutrients recognized by the American Dietary Guidelines, as being deficient in our diets.

- Milk provides Vitamin D, which is not found in many other food sources. Vitamin D comes primarily from sun exposure, and at times can be difficult to get enough of.
- The blend of nutrients provided by milk is not only helpful in fighting against osteoporosis, but may also help prevent heart disease, obesity, high blood pressure, and diabetes.

The Academy of Nutrition and Dietetics puts it like this: "Think of bone health as a savings account. Bone is living tissue that is turned over constantly with regular deposits and withdrawals. During childhood and adolescence, bones are primed to make the highest rate of deposits possible, for use throughout the rest of a person's life." In other words, investing in your bone health now, will lead to healthier bones later in life; and by consuming dairy, you can feel confident that you are doing your part for a healthy future.

Sources:

<https://thedairyalliance.com/>
<https://www.eatright.org/health/wellness/preventing-illness/how-is-the-time-to-build-your-childrens-bone-bank-account>



Tropical Kiwi Smoothie

Makes 4 Servings

INGREDIENTS

12 oz Greek yogurt, plain, non-fat
 ¾ cup Banana, ripe, mashed
 1 Tbsp Honey
 ½ tsp Almond extract
 1 cup Kiwi, diced
 ¾ cup Oranges, segments, bite-size
 ½ cup Granola
 ¼ cup Almond slices, toasted
 2 Tbsp Coconut flakes, toasted

DIRECTIONS

1. Whip yogurt, mashed banana, honey and almond extract together well.
2. Build each parfait:
 - 1/2 cup yogurt mixture
 - 1/4 cup kiwi
 - 2 Tbsp oranges
 - 2 Tbsp granola
 - 1 Tbsp toasted almonds
 - 1/2 Tbsp toasted coconut

PER SERVING: 290 CALORIES | 110 CALORIES FROM FAT 12 GM TOTAL FAT | 3 GM SATURATED FAT | 0 GM TRANS FAT 0 MG CHOLESTEROL | 75 MG SODIUM | 38 GM CARBOHYDRATE 5 GM FIBER | 22 GM TOTAL SUGARS | 12 GM PROTEIN