

April 2018



DAIRY

Circle all pictures and words on this page that contain dairy products, also circle the word "dairy." (Answer on back)

- 1. What is your favorite way to eat/drink your dairy?
- 2. What is your favorite vogurt flavor?

Super Sundae

Ingredients:

1 cup low-fat vanilla yogurt 2/3 cup canned chopped peaches 2/3 cup fresh or frozen blueberries 2 tablespoons granola

Directions:

- 1. Divide yogurt between 2 clear glasses or dishes.
- 2. Spoon half of the peaches and blueberries on top of the yogurt.
- 3. Sprinkle each sundae with granola. Refrigerate leftovers within 2 hours.

Notes:

Substitute any fruit you have on hand: try sliced bananas, canned mandarin oranges, or grapes cut in half.

Try different flavors of yogurt like lemon or strawberry. Recipe Source: http://northcountryeatsmartny.org/recipes/super-sundae

NORTH COUNTRY REGION **EAT SMART NY**

Find recipes and more at northcountryeatsmartny.org





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Nutrition Facts

Serving Size 1 cup (252g) Servings Per Container 2

Amount Per Serving	
Calories 150	Calories from Fat 20
10	% Daily Value*
Total Fat 2.5g	4%
0	-0/

Saturated Fat 1g Trans Fat 0g Cholesterol 10mg 3% Sodium 95mg

Total Carbohydrate 27g Dietary Fiber 3g 12% Sugars 22g

Protein 6g

Vitamin A 10% Vitamin C 10% Calcium 20% Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lowe depending on your calorie needs:

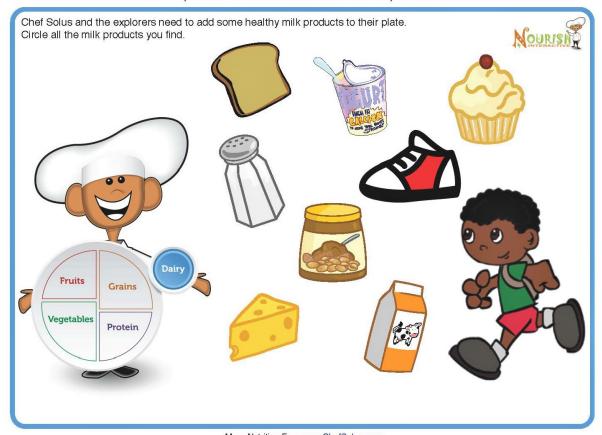
Saturated Fat Less than Cholesterol Total Carbohydrate Dietary Fiber

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

EAT/DRINK YOUR DAIRY

My Plate - Find the Milk Foods Activity Sheet



More Nutrition Fun <u>www.ChefSolus.com</u>
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(Answers: yogurt, cheese and milk.)



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Cornell Cooperative Extension

Answer from front: 14 Total. (Did you remember to circle: sundae, yogurt, dairy, and the 2 pictures of dairy?)

Reasons to Eat & Drink Dairy:

When you eat or drink dairy products you improve your bone health, which is especially important when you are growing and bone mass is being built. Dairy foods provide nutrients that are vital for health, including calcium, potassium, vitamin D, and protein.

Amount Per Servin	g Lo	w-fat Milk
Calories 110	Cald	ories from Fat 2
		%Daily Value
Total Fat 2g		4
Saturated Fat 2g		79
Cholesterol 10n	ng	39
Sodium 100mg		4
Total Carbohyd	rate	11g 4 9
Sugars 11g		
Protein 8g		
Vitamin A 10%		Vitamin C 49
Calcium 30%	•	Iron 3
Vitamin D 25%		

Ingredients: Low-Fat Milk, Vitamin A Palmi-

Vitamin D Champions:

Vitamin D helps your body maintain proper levels of calcium and phosphorous, thereby helping to build and maintain bones. Milk and soy milk fortified with vitamin D are good sources of this nutrient. Other sources include vitamin D-fortified yogurt and vitamin D-fortified ready-to-eat breakfast cereals.

How Much Do I Need?

Diets that provide 3 cups or the equivalent of dairy products per day can improve bone mass. In general, 1 cup of milk or yogurt, 1 ½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the Dairy Group.

Recommended Daily Amount of Dairy**

Daily recommendation			
Children	2-3 years old	2 cups	
	4-8 years old	2 ½ cups	
Girls	9-13 years old	3 cups	
	14-18 years old	3 cups	
Boys	9-13 years old	3 cups	
	14-18 years old	3 cups	

**Find more details on dairy, including information on recommended daily amounts, at: https://www.choosemyplate.gov/dairy