

# Harvest of the Month



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 yogurt 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://northcountryeatssmartny.org/recipes/super-sundae>



### **Nutrition Facts**

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

Amount Per Serving

**Calories 150**    **Calories from Fat 20**

**% Daily Value\***

**Total Fat 2.5g**    **4%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol 10mg**    **3%**

**Sodium 95mg**    **4%**

**Total Carbohydrate 27g**    **9%**

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 lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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# EAT/DRINK YOUR DAIRY

## My Plate - Find the Milk Foods Activity Sheet

Chef Solus and the explorers need to add some healthy milk products to their plate. Circle all the milk products you find.

The activity sheet shows Chef Solus holding a MyPlate diagram with sections for Fruits, Grains, Vegetables, Protein, and Dairy. The Dairy section is highlighted. Surrounding the plate are various food items: a slice of bread, a salt shaker, a bowl of cereal, a slice of cheese, a carton of milk, a cup of yogurt, and a sundae. A cartoon boy is running in the background. The Nourish Interactive logo is in the top right corner.

More Nutrition Fun [www.ChefSolus.com](http://www.ChefSolus.com)  
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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?)

## Nutrition Facts

Amount Per Serving		Low-fat Milk	
<b>Calories</b>	110	Calories from Fat	20
<b>%Daily Value*</b>			
<b>Total Fat</b>	2g		<b>4%</b>
Saturated Fat	2g		<b>7%</b>
<b>Cholesterol</b>	10mg		<b>3%</b>
<b>Sodium</b>	100mg		<b>4%</b>
<b>Total Carbohydrate</b>	11g		<b>4%</b>
Sugars	11g		
<b>Protein</b>	8g		
Vitamin A	10%	Vitamin C	4%
Calcium	30%	Iron	3%
Vitamin D	25%		
<small>Not a significant source of trans fat, dietary fiber.</small>			
<small>* Percent Daily Values are based on a 2,000 calorie diet.</small>			
<b>Ingredients:</b> Low-Fat Milk, Vitamin A Palmitate, Vitamin D			

## 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.

## 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 1/2 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	
	<b>Children</b>	2-3 years old
	4-8 years old	2 1/2 cups
<b>Girls</b>	9-13 years old	3 cups
	14-18 years old	3 cups
<b>Boys</b>	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>