

Milk Vocabulary



Homogenized - the butterfat particles in milk are broken up so the cream in the milk does not rise to the top.

Pasteurized - milk is heated to a specific temperature to destroy harmful bacteria that could be present in milk. All milk sold in Wisconsin stores is pasteurized.

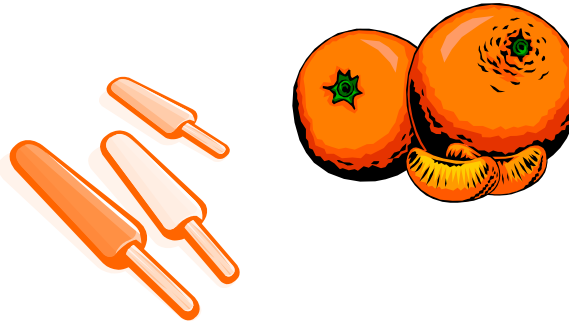
Need some ideas for getting low fat dairy in your day?

- Mix up a batch of instant pudding using skim milk. You can even purchase sugar-free, instant pudding. It can be ready in 5 minutes!
- Add 1 tablespoon of chocolate syrup to your skim milk for a fun taste with only 40 extra calories.
- Use skim or 1% milk instead of water when making hot cereal.
- Mix 8 ounces of skim or 1% milk in a blender with a small frozen banana and a dash of vanilla extract.
- Don't forget about old-fashioned desserts such as rice or bread pudding.
- Use lowfat or skim milk in place of the water for hot chocolate and cappuccino powder mixes.
- For more dazzling dairy facts or recipes, check out these web sites...
www.got-milk.com
www.nationaldairyCouncil.org
www.dcwnet.org

Orange Dreamsicles

- 1 cup lowfat or nonfat plain, vanilla or orange yogurt
- 6-ounce can orange juice concentrate
- 2 1/2 cups skim milk
- 1 teaspoon vanilla (optional)

Place all ingredients in blender and blend until smooth or mix well in a bowl with a wire whisk, egg beater, or spoon. Pour into small paper cups (3 ounce) and add a wooden Popsicle stick or small plastic spoon for the handle. Freeze until firm. Makes about 12 pops. Nutrition Facts per serving based on lowfat vanilla yogurt: Calories: 64 Protein: 3 grams Calcium: 103 milligrams



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WHAT'S NEW IN NUTRITION?

The Burnett County Nutrition Education Program's Food and Resource Update

Dazzling Dairy Facts



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Milk myths.....

Despite milk's important nutrition contributions, there are lots of reasons why people don't consume milk. Do you recognize any of these common milk myths?

Myth: Milk is too high in fat and calories!

Fact: Children between the ages of 1 and 2 years need whole milk (red cap milk) for their bodies to properly develop. Most persons over the age of two years would benefit from using lowfat (1% milkfat) or fat free (skim) milk. These milks are a great choice to get the nutrients of milk without the excess fat and calories.



Myth: I don't need milk now that I am finished growing.

Fact: Bones need a steady supply of calcium for strength. Even after your growth spurt ends in adolescence, bones continue to grow inside until around age 35. You need to fill up your bones with calcium as much as possible while you are young to help offset bone density loss that occurs with age. Persons over the age of 50 may even need dairy products than they needed in their younger years.



Myth: I am lactose intolerant - I can't use dairy products.

Fact: Lactose intolerance is not usually an

“all-or-nothing” condition. Most people can tolerate small amounts of milk at a time; yogurt and cheeses also tend to be well-tolerated. It is important not to diagnose yourself - symptoms of gas, bloating, and diarrhea could have many other causes. Persons with lactose intolerance do not have enough of the enzyme that digests the main sugar in milk (lactose) so the milk sugar can't be fully digested or absorbed. Lactose free milk and/or enzyme pills can be purchased in grocery stores and pharmacies.

Myth: Lowfat milk doesn't have the same nutrition as whole milk.

Fact: The calcium in milk is found in the non-cream portion of the milk so skim milk or 1 % milk have the same amount of calcium as 2% or whole milk. Vitamins A and D are added back to the milk after the fat is removed.

Myth: I take calcium supplements so I don't need to worry about dairy products.

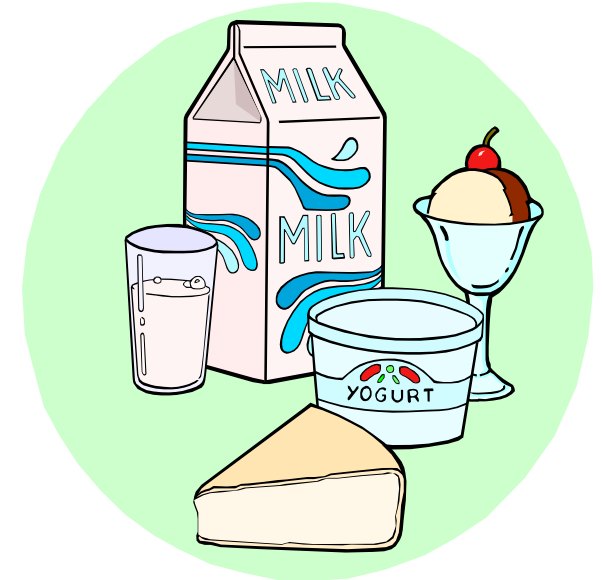
Fact: Calcium is essential for strong bones, for helping muscles contract and relax, for transmitting nerve impulses and for helping blood clot. If you don't get the calcium you need, it will be pulled from your bones where calcium is stored. Although calcium supplements provide calcium and often vitamin D, they do not contain the range of nutrients that dairy products provide.

Myth: Chocolate milk is not as good for you as white milk.

Fact: While chocolate milk does con-



tain a little extra sugar from the chocolate syrup, it does contain the same amount of essential nutrients as regular milk: calcium, protein, vitamins A and D, riboflavin and niacin (B vitamins). Chocolate milk comes in skim and lowfat versions too.



How Much Calcium?

To get the same amount of calcium of an 8 ounce glass of milk, you would need 8 ounces of yogurt, (many yogurt containers are no longer 8 ounces), 1 ½ ounces of natural cheese (such as cheddar), 2 ounces of processed cheese such as American (3-4 slices), or 1 ¾ cups of ice cream.