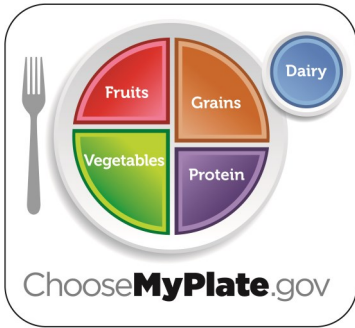




Milk, Fresh, 1% and Skim

MyPlate Food Group: **Dairy**

USDA
Foods

Nutrition Information

- Dairy is milk, cheese, and yogurt.
- 1 cup in the MyPlate.gov dairy group can be fulfilled by 1 cup of milk, 2 oz of processed cheese, or ½ cup of evaporated milk.
- Dairy contains calcium and Vitamin D. Calcium and Vitamin D help bones and teeth stay strong.
- 1% fluid milk contains 1 gram of saturated fat; 1 cup of skim milk contains no saturated fat while 1 cup of whole milk contains nearly 5 grams of saturated fat.
- Dairy contains potassium that can help maintain a healthy blood pressure.
- For more information about milk, please refer to the product's Nutrition Facts Panel or ingredient list.

Uses and Tips

- Fluid milk can be consumed as is, poured over cereal, or used in a variety of recipes, such as baked goods, soups, stews, and casseroles.

Storing Foods at Home

- Fluid milk is a perishable item and needs to be immediately stored in a refrigerator set at or below 41°F.
- Place as far back in the refrigerator as possible.
- Check the expiration date on the container and use milk in a timely manner.
- Before using, check for signs of spoilage including a sour odor, off-flavor, and curdled consistency.
- When in doubt, throw it out!

MyPlate Facts

- Dairy contains calcium and Vitamin D which helps to improve bone health.
- Dairy is important for children, teens, and young adults because it helps build strong bones and teeth early in life.
- Dairy also helps maintain healthy bones and teeth as you get older.
- Some adults who eat dairy have fewer heart problems and type 2 diabetes.
- Some adults who eat dairy also have lower blood pressure.
- MyPlate recommends lower fat dairy options like 1% milk (also called low-fat milk) and skim milk (also called non-fat milk) to reduce saturated fat intake.



USDA Foods

Apple Spice Baked Oatmeal

Makes 9 squares (2.5 inches x 2.5 inches)

Ingredients:

1 egg, beaten
1/2 cup applesauce
1½ cups skim or 1% milk
1 teaspoon vanilla
2 tablespoons oil
1 apple, chopped
2 cups old fashioned rolled oats
1 teaspoon baking powder
1 teaspoon cinnamon
2 tablespoons brown sugar
2 tablespoons chopped nuts (optional)

Directions: Wash hands with soap and water.

1. Preheat oven to 375 degrees. Lightly oil or spray an 8" x 8" baking dish.
2. Combine the egg, applesauce, milk, vanilla, and oil in a bowl. Mix in the apple.
3. In a separate bowl, mix the rolled oats, baking powder, salt, and cinnamon. Add to the liquid ingredients and mix well.
4. Pour mixture into baking dish and bake for 25 minutes.
5. Remove from oven and sprinkle with brown sugar and (optional) nuts.
6. Return to oven and broil for 3 to 4 minutes until top is browned and the sugar bubbles. Serve warm. Refrigerate leftovers within 2 hours.

Purdue University Extension Nutrition Education Program

Creamy Broccoli and Cheese Soup

Makes 4 servings

Ingredients:

3 tablespoons vegetable oil
3 medium potatoes
1/2 small onion, chopped
3 cups fresh broccoli florets, chopped (or frozen)
3 cups 1% or skim milk
2 cups low-sodium broth (any type)
1/4 teaspoon nutmeg
3/4 cup reduced fat cheddar cheese, shredded
Salt and pepper to taste

Directions: Wash hands with soap and water.

1. Preheat oven to 375°. Place chopped potatoes on baking sheet and drizzle 2 tablespoons oil over top. Sprinkle with salt and pepper and roast for 30 minutes or until soft.
2. Heat 1 tablespoon oil in a saucepan over medium heat. Sauté onion 5 minutes or until golden brown. Set aside.
3. Steam broccoli florets in a steamer, or microwave safe dish.
4. Heat milk and vegetable broth in a saucepan over low heat. Add cheese and nutmeg and stir until melted.
5. Put all ingredients and half of broccoli in a blender and blend for 30 to 40 seconds. Stir in remaining broccoli. Ladle into serving bowls and top with additional cheese if desired.

Recipe adapted from The Dairy Alliance