



DRINK TO GOOD HEALTH

milk

Choose low-fat or fat-free! The best choices for milk and dairy are low-fat or fat-free products. Because these items contain little or no fat, it's easy to get enough calcium without adding extra fat to the diet.

DID YOU KNOW?



- Milk contains a good balance of protein, fat and carbohydrates, as well as many essential nutrients including calcium, riboflavin, phosphorus, vitamins A, D, B12 and pantothenic acid.
- It takes 10 pounds of milk to make a pound of cheese.
- Young children need the nutrients milk provides because their developing skeletal systems replace bone mass about every two years until they reach maturity.

WELLNESS TIP

Track your progress. Keep track of each small success. Short-term goals are easier to keep, and each small accomplishment will help keep you motivated.

SHOPPING, PREPARING AND STORING



- Avoid unpasteurized milk or any products made from unpasteurized milk.
- Refrigerate milk promptly. If it sits out longer than two hours, throw it out.
- Milk can be frozen and used later, though it may alter the flavor and texture slightly.

COOKING TIPS



- Try using low-fat milk in place of water when making oatmeal.
- Give soups and casseroles more flavor by adding low-fat milk.
- Use low-fat milk and fresh or frozen fruit when making smoothies.

CITRUS DREAM MILKSHAKE serves 2

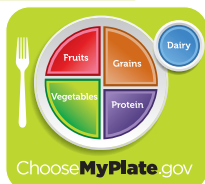
- 1/2 cup orange juice
- 1/2 cup grapefruit juice
- 1/2 cup low-fat milk
- 1 teaspoon vanilla extract
- 4 cups ice



1. Pour the orange juice, grapefruit juice, milk and vanilla extract into a blender with ice.
2. Blend until smooth.
3. Divide among two glasses, add a straw and serve.
4. Garnish with sliced fruit.

Recipe provided by Chef Justin Timineri, C.E.C.,
Florida Department of Agriculture and Consumer Services

Calories: 102; Total Fat: 1 g; Saturated Fat: 0 g;
Total Carbohydrates: 21 g; Protein: 3 g; Sodium: 29 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

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