June is National Dairy Month

The 2015-2020 Dietary Guidelines for Americans recommend that we consume three servings of dairy each day. However, most Americans fall below that recommendation, getting only an average of 1.8 servings per day. This means we are missing out on the key nutrients that dairy provides.

Why Dairy?

- **Dairy is nutritious.** Together, milk, cheese and yogurt deliver nine essential nutrients, pair well with fruits and vegetables and can actually help us eat more of these foods.

- **Dairy foods have health benefits.** They have been shown to help to better manage weight, and reduce risk for high blood pressure, osteoporosis and certain cancers.

- **Dairy is affordable.** At about $0.25 per eight-ounce glass, milk provides a valuable source of nutrition and is quite a bargain when you think of all of the nutrients in it.

- **Dairy is convenient.** The dairy aisle is full of grab and go options. Foods that are healthy and convenient are a big “win”, because we are much more likely to consume them.

Take the “Dairy 3 for Me” Pledge to get 3 servings of dairy everyday!

Some easy ways to get your 3 a day include:

- Using dairy as a base in your smoothie creations. Blend 1-½ cups fruit, 1 container yogurt, ½ cup milk and 5 ice cubes. Try adding spinach or greens for extra nutrition.

- Substituting syrup on pancakes or waffles with flavored yogurt.

- Making milk your mealtime beverage.

- Using plain Greek yogurt in place of sour cream or mayonnaise.

Yogurt Ranch Dip

| 1 package Ranch Dip seasoning | 2 cups plain, non-fat Greek yogurt |

1. Mix yogurt and seasoning in a medium bowl until well combined.
2. Serve with fresh veggies or as a topping for cooked vegetables.
3. Enjoy! Refrigerate leftovers within 2 hours.

*Healthy Tip: Enjoy this dip with your favorite veggies for a great afternoon snack that’s packed with calcium!*
### June 2017 North Idaho Eat Smart Idaho Class Schedule

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<td>6</td>
<td>Get Moving @ Camas Prairie Food Bank – 411 East North St. – Grangeville – 10:00 to 2:00</td>
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<td>Plan Shop Save @ Camas Prairie Food Bank – 411 East North St. – Grangeville – 10:00 to 2:00</td>
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<td>Fruit &amp; Veggies: Half Your Plate @ Camas Prairie Food Bank – 411 East North St. – Grangeville – 10:00 to 2:00</td>
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### For Information on Eat Smart Idaho classes, contact the Nutrition Advisor in your county:

- Benewah, Bonner, Boundary, Kootenai & Shoshone: 446-1680
- Clearwater & Nez Perce: 799-3096
- Latah: 883-2267
- Idaho or Lewis: 983-2667

To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD  www.eatsmartidaho.org
Phone: 446-1680  E-mail – kalig@uidaho.edu


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