

Food for Thought

June 2019

June is National Dairy Month

The 2015-2020 Dietary Guidelines for Americans recommend that we consume 3 servings of dairy like milk, yogurt, and cheese each day. However, most Americans fall below that recommendation, getting only an average of 1.8 servings per day.



Why Dairy?

- Dairy provides 3 of the 4 nutrients that are typically lacking in American diets: calcium, potassium and vitamin D.
- Dairy is important for building strong bones and teeth, and plays a key role in preventing heart disease, obesity, high blood pressure, diabetes and osteoporosis.
- Cow's milk offers a superior nutrient package over alternative beverages such as soy, almond, rice or coconut. Fat-free cow's milk contains 15 fewer calories per glass, 70 percent more potassium and almost twice as much protein as many calcium-fortified soy beverages.
- Most milk alternative drinks have half the nutrients of milk and can cost nearly twice as much.
- Both organic and regular dairy foods contain the same essential nutrients key to a healthy and balanced diet.

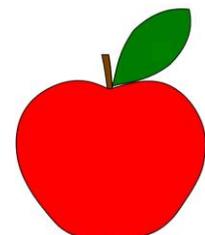
For those with lactose intolerance try these easy tips to enjoy foods from the dairy aisle:

- When milk is made into natural hard cheeses such as Cheddar, Monterey Jack, Gouda and Parmesan, most of the lactose is removed.
- Choose yogurts with live, active cultures, as they help break down the lactose.
- Introduce small amounts of milk or milk products to help reduce symptoms. The key is to build slowly and know your limit
- Try chocolate milk. Sometimes it is easier to digest than white milk.
- Try lactose-free products such as lactose-free milk and lactose-free ice cream.
- Cook with milk, yogurt or cheese to get the health benefits but avoid uncomfortable symptoms.

Yogurt Dip for Apples

½ cup plain or vanilla yogurt ¼ tsp cinnamon
¼ tsp vanilla extract 1 apple sliced

1. Combine yogurt, cinnamon, & vanilla extract.
2. Dip apple slices and enjoy.



June 2019**North Idaho Eat Smart Idaho Class Schedule**

Tuesday	Wednesday	Thursday	Friday	Saturday
4 	5 <u>Nutrition Demo @</u> CAP Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00	6 <u>Choosing to Move More</u> <u>Throughout the Day @</u> Canvas Food Bank – 2200 N. 7 th St. – CDA – 2:00 to 4:00	7 <u>Family Day in the Park</u> @ CDA City Park – 415 Fort Ground Dr. – CDA – 12:00 to 6:00	8
11 <u>Jump Start Your Day</u> <u>with Breakfast Demo</u> @ Lena Whitmore School – 110 S. Blaine St. – Moscow – 11:30 to 12:30	12 <u>Nutrition Demo @</u> CAP Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00	13	14	15 <u>Boys & Girls Club</u> <u>Day for Kids @</u> McEuen Park – 420 E. Front Ave. – CDA – 10:00 to 2:00
18 <u>Handy Portions Demo</u> @ Deary Food Bank – 405 Main St. – Deary – 1:00 to 2:30	19 <u>Nutrition Demo @</u> CAP Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00 <u>Handy Portions Demo</u> @ Troy Food Bank – 106 E. 6 th St. – Troy – 4:00 to 7:00	20 <u>Healthy Food Pantry</u> <u>Nutrition Demo @</u> Canvas Food Pantry – 2200 N. 7 th St. – CDA – 2:30 to 4:00 <u>Handy Portions Demo @</u> Moscow Food Bank – 110 N. Polk – Moscow – 2:00 to 4:00 <u>Choosing More Fruits &</u> <u>Veggies @</u> Canvas Food Bank – 2200 N. 7 th St. – CDA – 2:00 to 4:00	21 <u>Handy Portions Demo</u> @ Juliaetta Food Pantry – 614 Main St. – Juliaetta – 1:00 to 3:00	22 <u>Running Shoes 4</u> <u>Kids Event @</u> Hayden Canyon – 13590 N. Government Way – Hayden – 9:30 to 1:00
25 <u>Make Half Your Grains</u> <u>Whole Demo @</u> Lena Whitmore School – 110 S. Blaine St. – Moscow – 11:30 to 12:30	26 <u>Nutrition Demo @</u> CAP Food Bank – 4144 Industrial Loop – CDA – 1:00 to 3:00	27 <u>Handy Portions Demo @</u> Potlatch Food Bank – 195 Pine Street, Rm. 102 Potlatch 10:00 to 12:00 <u>Smart Size Your Portions @</u> Moscow Help Center – 1212 W. Pullman Rd. – Moscow – 4:10 to 5:00	28	29

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 Phone: 446-1680
 www.eatsmartidaho.org
 E-mail – kalig@uidaho.edu

Sources: <https://www.midwestdairy.com/dairy-resource-center/toolkits/national-dairy-month-toolkit/>;
<https://food.unl.edu/documents/Yogurt%20Dip%20for%20Apples.pdf> retrieved 5/24/19

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