

# SENIOR NUTRITION NEWS

*Eat Smart Idaho*

*June 2018*

## 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.
- **Dairy foods have health benefits.** They have been shown to help us 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 flavored yogurt for syrup on pancakes or waffles.
- Making milk your mealtime beverage.
- Using low-fat plain Greek yogurt in recipes in place of sour cream or mayonnaise.
- Top sandwiches and salads with your favorite cheese.



## Black Bean Quesadilla

2 tablespoons mild chunky salsa  
1 tablespoon chopped cilantro  
8 whole wheat tortillas

1 tablespoon chopped green onion  
1 cup shredded Pepper Jack cheese  
Cooking spray

1. Mash beans slightly; combine with salsa, green onion, cilantro and cheese.
2. Divide mixture on 4 tortillas, spreading almost to edges. Top with remaining tortillas.
3. Cook quesadillas in sprayed skillet on medium to medium-low heat until browned, 2 to 3 minutes on each side. Cut into wedges before serving.

## Orange Cream Chiller

3 ounces orange juice concentrate  
1 cup low-fat milk  
1/2 cup nonfat Greek-style plain yogurt  
1 banana frozen, or 3 frozen strawberries  
1 teaspoon honey  
1/2 teaspoon vanilla extract



Place all ingredients in a blender. Blend until smooth. Serve immediately or store in refrigerator.

Sources: : <http://www.idfa.org/news-views/media-kits/cheese/june-is-national-dairy-month>; <https://www.midwestdairy.com/nutrition-and-health/dairy-3-for-me/>; <https://www.midwestdairy.com/> retrieved 05/31/18

### Contact the Nutrition Advisor in your county to schedule a workshop:

Benewah, Kootenai & Shoshone  
Bonner & Boundary  
Clearwater & Nez Perce  
Latah  
Idaho or Lewis

446-1680  
263-8511  
799-3096  
883-2267  
983-2667



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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office, or call 1-800-221-5689 for Idaho's toll-free number. The University of Idaho is an equal opportunity/affirmative action employer, provider and educational institution.