

# To Your Health

June 2009

## Spend Smart.

## Eat Smart.

### ... Milk, cheese, yogurt

Smart shopping habits can cut costs **and** increase the nutritional value of meals served. Spending wisely in the dairy aisle means buying the most calcium for your dollar.

### Check your dollar-saving skills:

1. **The cheapest way to get "3 a day" of dairy foods is by buying:**

- Cottage cheese
- Whole milk
- Yogurt
- Skim milk
- Nonfat dry milk powder

2. **Lower fat dairy products are always cheaper than higher fat products.**

- True
- False

3. **Monitoring refrigerator temperatures will keep your dairy products fresher longer.**

- True
- False

### Answers:

- Skim milk
- Lower fat milk generally costs less. Low fat cheeses usually cost more.
- True. Milk generally holds its quality for 1 week after opening if it is kept refrigerated at 40°F or lower and the container is closed. (Check the temperature in your refrigerator.) Store milk in the main compartment; it is colder than door shelves. Also, check container "use by" or "sell by" dates before purchasing.

According to MyPyramid and the Dietary Guidelines for Americans, **individuals age 9 and up need 3 servings of dairy daily**. Each serving provides about 300 milligrams of calcium. A serving would be, for example - 1 cup skim milk, 1 cup yogurt or pudding made with milk, 2 ounces processed cheese (American), 1 ½ ounces natural cheese (cheddar, Swiss, mozzarella), 2 cups cottage cheese.

The cost for "a serving" varies, so compare unit prices.

... Example: cottage cheese @\$2.49 for 24 ounces = \$ .83 per cup/\$1.66 for 2 cups

... Example: Skim milk @ \$2.89 for 1 gallon = \$ .18 per cup

For more information on spending your food dollar wisely when it comes to dairy products, check out the ISU Extension publication "Spend Smart. Eat Smart. Milk, Cheese, and Yogurt," Pm 2066a at [www.extension.iastate.edu/Publications/PM2066AX.pdf](http://www.extension.iastate.edu/Publications/PM2066AX.pdf)

### Did You Know?

A family of four who changes from whole milk to non-fat (skim) milk could save \$8 to \$11 per week and also shave off 5,040 calories and 518 grams of fat. If your family doesn't like skim, try mixing it with the milk you now buy and gradually increase the proportion of non-fat.

Source: [www.extension.iastate.edu/Publications/PM2066AX.pdf](http://www.extension.iastate.edu/Publications/PM2066AX.pdf)

## Handle Food Safely on the Go

*VACATION!* Oh, how we long for that every summer. A time to get away from work, school - the daily routine - and relax. We take to the road in cars, pickups or recreational vehicles; go boating; relax on a beach; camp. No matter where we go or what we do, the common denominator that runs through all of our summer travels and relaxation is **FOOD!**

The "road" to food safety, though, can be bumpy or smooth - depending on what precautions are taken handling meals and snacks as we travel.

### Plan Ahead...

If you're traveling with perishable food, place it in a cooler with ice or freezer packs. When carrying beverages, consider packing them in a separate cooler (so the food cooler is opened less frequently). Have plenty of ice or frozen gel-packs on hand before starting to pack food.

### Pack Safely...

Pack perishable foods directly from the refrigerator or freezer into the cooler. Meat and poultry may be packed while it is still frozen; it'll stay colder longer. Also, a full cooler will maintain its cold temperature longer than one that is partially filled. Be sure to keep raw meat and poultry wrapped separately from cooked foods, or foods meant to be eaten raw - such as fruits or vegetables.

If the cooler is only partially filled, pack the remaining space with more ice. Limit the times the cooler is opened. Open and close the lid quickly.

### Additional tips...

Keep the cooler in a shady spot. Cover with a blanket or tarp, preferably one that is light in color to reflect heat.

Don't let perishable food sit out while swimming, playing ball or fishing. Food sitting out for more than 2 hours is not safe. The safe time frame is reduced to just 1 hour if the outside temperature is above 90°F.

## Hm-m. Refreshing.

### ... Very Berry Blast

Try a Very Berry Blast for breakfast or an afternoon snack. It has three ingredients, and kids will enjoy making this.

### Very Berry Blast - makes 3, 1-cup servings

#### Ingredients:

1 cup low-fat milk

1 container (8-ounces) low-fat strawberry or other berry yogurt

1 cup apple juice\*

#### Directions:

Wash your hands.

Use a quart jar or container with a tight fitting lid.\*\* Pour milk into the jar.

Add yogurt and apple juice.

Cover jar and shake until all ingredients are smooth. (Make sure the lid is tight on the jar or container before you shake it up.)

Serve in glasses or cups (1 cup serving each) and enjoy!\*\*

Helpful hints:

\*Keep the apple juice in the refrigerator until time to make this berry drink. It tastes best really cold.

\*\*If you have extra, try freezing some in small cups to enjoy later. It tastes like a frozen shake.

Source: [www.kidsacookkin.ksu.edu](http://www.kidsacookkin.ksu.edu)

Nutrition information per 1 cup: 140 calories, 10 calories from fat; 1g fat, 5mg cholesterol, 95mg sodium; 28g total carbohydrate - 0g dietary fiber, 27g sugars; 6g protein

## Make Fitness Habits Greener

### ... Rethink your sports drink

Drinking plenty of **water** is a healthy habit, and critically important when you're active in hot, humid weather. Throwing away your empty bottle is not at all healthy for the environment, though. Tossing it in a recycling bin is good, but a better habit is to switch to a re-useable bottle, refilling from the faucet.