

FOOD FOR FITNESS AND FUN

June - 2008

Enjoy the Quick Guide to Healthier Dairy choices. Add more flavor to your meals without added salt or fat. (Hint - it could make you cry.) Enjoy! Jan Temple

GUIDE TO HEALTHIER DAIRY FOODS

June is National Dairy Month - a great time to review the calcium rich choices in your grocer's cold food case. Failure to eat adequate amounts of calcium and vitamin D may result in osteoporosis and may also contribute to high blood pressure.

Recommended Calcium Intake					
Age (years)	*DRI (mg)	Age (years)	*DRI (mg)	Age (years)	*DRI (mg)
Children		Males & Females		Pregnancy & lactation	
1-3	500	9-18	1,300	18 or under	1,300
4-8	800	19-50	1,000	19-50	1,000
		51-70+	1,200		

*Dietary Reference Intake

Source: ISU Extension, PM 1979b, October 2005

SAMPLE FOOD SOURCES OF CALCIUM:

Food	Serving Size	Calcium (mg)
Yogurt	1 cup	415
Milk	1 cup	300
Orange Juice (calcium fortified)	1 cup	300
Soy beverage (calcium fortified)	1 cup	200-300
Cheese (cheddar)	1 ounce	204
Ice Cream	1 cup	176

Source: ISU Extension, PM 1979b, October 2005

MILK TIPS:

1. Limit flavored milks such as chocolate and strawberry as they often provide extra sugar.
2. Skim is always the most healthful choice. To get used to less fat, try mixing a half-gallon of your usual higher-fat milk with a half-gallon of skim, then move to just the lower fat milk.

BEST BETS FOR MILK:

- Skim: 80-90 calories; 0-1 g fat; <1 g saturated fat; about 100 mg of calcium
- Skim Deluxe: good choice for those preferring thicker consistency of full-fat milk
- 1%: 100-120 calories; 2-3 g fat; 1-1.5 g saturated fat
- Powdered nonfat milk: Skim milk that is shelf stable and economical.
- If you desire a milk treat and crave chocolate, look for fat free chocolate milk sweetened with an artificial sweetener. It only contains about 90 calories per 8 oz. and has no fat. *Caution:* Each



serving contains about 220 mg sodium (100 more than a glass of skim milk.)

- Buttermilk is made from nonfat or lowfat milk. It has only 2 g of fat, 1 g saturated fat and 9 mg cholesterol. It is a great choice for cooking adding flavor without a lot of fat.
- Soymilk is another alternative. Read the label to make sure it is enriched with calcium as well as vitamins A and D to make it comparable to cow's milk.



YOGURT TIPS:

1. Choose light yogurt whenever possible; it is lower in calories than flavored yogurt
2. Substitute nonfat plain yogurt for sour cream to boost calcium – it contains 487 mg calcium as compared to the 300 mg for a cup of skim milk.

BEST BET FOR YOGURT:

- Nonfat plain yogurt
- Nonfat and 'light' flavored yogurts

CHEESE TIPS:

- Use strong, more pungent cheeses to provide more flavor for less fat and use half the amount. Examples include blue, feta, gruyere, gorgonzola, parmesan and sharp cheddar.
- Substitute nutritionally dense fat-free ricotta for cottage cheese. Ricotta is much lower in sodium and double the calcium.

BEST BETS FOR CHEESE:

- Alpine Lace®, Kraft® fat-free and reduced fat
- Fat-free ricotta cheese
- If choosing cottage cheese, select fat free or low fat varieties with vitamin A and D. Some may even have added calcium.
- It is also acceptable to choose part-skim and 'light' varieties.

Source: Adapted from Communicating Food for Health, June 2000 and 2003.

Note: To make strong bones, Vitamin D is needed to help the body fully utilize dietary calcium. Both Vitamin A and D are 'fat soluble' vitamins. When fat is removed from a dairy product (making it reduced or fat free), the Vitamin A and D are also removed. These products are often enriched by adding those nutrients back to the product. The label should indicate if Vitamin A and D have been added.

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TORTILLA PIZZA

Make sure Dad gets his calcium too. Enjoy this light summer meal all year long.

For each pizza you will need a tortilla, fat free whole wheat or multi-grain is preferred. Top the tortilla with fresh spinach leaves, chopped or sliced tomato, red onion and any other favorite chopped fresh vegetables. Garnish with just a little cheese. Try feta, low fat mozzarella or low fat Swiss. Heat on the outdoor BBQ grill or in a fry pan on top of the stove until the cheese melts. For a heartier pizza, you may wish to add thin slices of grilled lean beef, pork or chicken.

Each pizza with fat free feta cheese: 104 calories, .2 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 653 mg sodium, 17 g carbohydrate, 11 g fiber, 9 g protein.

Each pizza with fat free Swiss cheese: 89 calories, .2 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 363 mg sodium, 16 g carbohydrate, 11 g fiber, 5.4 g protein.

LIVEN IT UP WITH ONIONS

Wouldn't it be great to season your food without adding a lot of fat or salt? Try adding onions! Their lively flavor ranges from sharp to sweet and enhances many dishes, and provides a nutritional boost to boot – high-fiber, low-calorie onions count as a vegetable.

Varieties

There are many different onion varieties on the market. Onions can be classified as either storage onions or sweet onions. Storage onions, such as the common yellow onion, have a sharp flavor, thick skin and low moisture content. These can be kept for many weeks in a cool, dry place. Store them in a single layer for longer life. Sweet onions are mild in flavor because they have been bred to be higher in sugar and lower in pungent sulfur compounds than storage onions. Sweet onions are often named after the place where they are grown – Vidalia, Walla Walla, Maui. They have higher moisture content and do not store as well as yellow onions.

Nutrition

A half cup of cooked chopped onions has only 30 calories, almost 2 grams of fiber, very little sodium and is virtually fat-free. Over 20 compounds in onions have been identified that may help prevent heart attacks and stroke, fight cancer and stave off infection.



Tips

- To minimize crying that comes with chopping onions, chill them an hour before slicing. Cut them from the top and peel down without slicing the root end. Chop in a well-ventilated place.
- Save time and tears! If you have a food processor, chop several onions at one time and then freeze in 1-cup portions. Wrap well or put in a sealed freezer container.
- Worried about onion breath? Chew some parsley, mint, or other bright green herb. The chlorophyll in the herbs counteracts onion odor.
- If onion odor lingers on your hands, wash with vinegar or lemon juice.
- Onions develop a wonderful flavor with long, slow cooking. Slice onions into rings or half moons. Sauté in a nonstick pan with a teaspoon of oil over moderate heat. Stir frequently.
- Puree onions into a sauce or broth. They add mellow flavor without being visible.

Fun Facts

- Onions are related to lilies. Just like many spring flowers, onions are bulbs.
- Slice an onion crosswise and you'll see circles nested inside each other. Ancient Egyptians saw this pattern as a symbol of eternity.
- The skin of yellow onions can be boiled in water to make a dye for eggs or yarn. You can also add the yellow peels to the stockpot to deepen the color of broth or soup.



EASY ONION SOUP – SERVES 6

2 Tablespoons oil	1/4 teaspoon dried thyme
1 pound yellow onions, peeled and thinly sliced	1/4 teaspoon black pepper
1 teaspoon sugar	6 cups low sodium vegetable or chicken broth

Heat the oil in a large pot over moderate heat. (High heat may make the onions slightly bitter, but long, slow cooking brings out their sweetness.) Add the onions and sugar. Sauté, stirring frequently, until the onions are a rich caramel color, about half an hour. Stir in the thyme and pepper and sauté one minute more. Add the broth and let the soup simmer at least 15 minutes.

Each 1 cup serving: 91 calories, 4.5 g fat, .5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 162 mg sodium, 7 g carbohydrate, 1.5 g fiber, 6 g protein.

Source: *Communicating Food for Health*, June 2002

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