



DRINK TO GOOD HEALTH

milk

Milk has important nutrients that are good for bones and teeth, such as calcium and vitamin D.

Choose low-fat or fat-free! The best choices for milk and dairy are low-fat or fat-free products. Because these items contain little or no fat, it's easy to get enough calcium without adding extra fat to the diet.

Did you know?

- Milk and milk products contain a good balance of protein, fat and carbohydrates and are a very important source of essential nutrients including calcium, riboflavin, phosphorus, vitamins A, D, B12 and pantothenic acid.
- It takes ten pounds of milk to make a pound of cheese, 21 pounds of milk to make a pound of butter and 12 pounds of milk to make a single gallon of ice cream.
- Young children need the nutrients milk provides because their developing skeletal systems replace bone mass about every two years until they reach maturity.

Shopping, Preparing and Storing

- Avoid unpasteurized milk or any products made from unpasteurized milk.
- Refrigerate milk promptly. If it sits out longer than two hours, throw it out.
- Milk can be frozen and used later, though it may alter the flavor and texture slightly.

Cooking Tips

- Try using low-fat milk in place of water when making oatmeal.
- Give soups and casseroles more flavor by adding low-fat milk.
- Use low-fat milk and fresh or frozen fruit when making smoothies.

CITRUS DREAM MILKSHAKE

- 1/2 ounce natural sugar
- 4 ounces grapefruit juice
- 4 ounces orange juice
- 2 drops natural vanilla extract
- 4 ounces low-fat milk



1. Pour the orange juice, grapefruit juice, milk, sugar and vanilla extract into a blender with 2 ounces (approximately 4 cups) of ice.
2. Blend until smooth. Pour into a glass, add a straw and serve. Garnish with sliced fruit.



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FRUITS

Make most of your choices whole or cut fruit instead of juice.

VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

GRAINS

Make at least half of your grains whole grains.

DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.