

## DECEMBER: REDUCED -FAT DAIRY

Skim milk and other **reduced-fat dairy** products, such as **skim milk, reduced fat** cheeses and yogurts, are naturally nutrient-rich foods providing calcium, potassium, other minerals, vitamins, and protein essential for human growth and development. **Reduced fat dairy** products help build strong bones and teeth, and help reduce the risk of low bone mass, fractures, and osteoporosis. They also are naturally lower-calorie foods/beverages. By choosing **fat free and low-fat dairy** products, we help keep our bodies healthy and strong!

**CHECK OUT 9 ESSENTIAL NUTRIENTS FOUND IN FAT-FREE/SKIM WHITE AND CHOCOLATE MILK BELOW!**



**Calcium** 300 mg, 30% DV

Helps build and maintain strong bones and teeth. It helps reduce the risk of stress fractures and osteoporosis later in life. Plays a role in promoting normal blood pressure.

**Vitamin D** 100 IU, 25% DV

Helps absorb calcium for healthy bones.

**Phosphorus** 245 mg, 20% DV

Works with calcium and vitamin D to help keep bones strong.

**Riboflavin** 0.46 mg, 20% DV

Helps convert food into energy. Plays a vital role in the development of the central nervous system.

**Protein** 8 g, 16% DV

Helps build and maintain lean muscle. Contains all the essential amino acids (the building blocks for protein).

**Vitamin B-12** 1.2 mcg, 13% DV

Helps build red blood cells and helps maintain the central nervous system.

**Potassium** 370 mg, 11% DV

Helps regulate the balance of fluids in the body and plays a role in maintaining a normal blood pressure.

**Vitamin A** 490 IU, 10% DV

Important for good vision, healthy skin, and a healthy immune system.

**Niacin** 2 mg, 10% DV\*

Helps the body's enzymes function normally by converting nutrients into energy.

**Milk's nine essential nutrients can help kids and teens grow healthy and strong.**

## Reduced Fat Dairy Tips

- When pressed for time and eating on the go, grab a cup of **fat-free plain** or **reduced-fat fruit, low-sugar yogurt** (grab Greek yogurt if you can for tons more protein!), or some **reduced-fat cottage cheese**.
- For a quick snack, grab a naturally **low-fat mozzarella cheese stick** for some quick protein and calcium on the go!
- Create a healthy smoothie by blending 1 cup of **skim/fat-free milk**, your favorite fresh fruits, and some ice cubes to make it extra thick and delicious.
- Even “fancy” cheeses like feta come in **reduced fat versions** – seek them out when you can!
- **Reduced-fat sour cream, cottage cheese, and cream cheese** are good to use in recipes – try them sometime!

## Reduced Fat Dairy Recipe!

### CHEESY EGG SCRAMBLER – A GREAT BREAKFAST FOOD WITH LOTS OF CALCIUM AND PROTEIN!

*Makes 1 serving*

Ingredients

½ whole-wheat pita

1 large egg

¼ cup shredded **reduced fat mild cheddar cheese**

Toast pita; set aside. Spray small skillet with non-stick cooking spray, heat over medium heat for 20-30 seconds. Scramble egg and cheese in preheated skillet until egg is cooked and cheese is melted. Fill pita pocket with egg and cheese; serve. Add some spicy salsa and/or chopped lean ham if desired!

## Reduced Fat Dairy Recipes!

### BANANA YOGURT SHAKE

*Makes 4 servings*

Ingredients

1 ½ cups **fat free milk**

4 small bananas (or 2 regular large bananas), peeled

1 cup **low-fat** plain Greek **yogurt**

1 tsp. vanilla

½ tsp. cinnamon

⅛ tsp. nutmeg

1 cup ice cubes

Combine all ingredients except ice cubes in blender, blend until thick and creamy. Add ice cubes, blend again until smooth. Pour into glasses to serve.

### EASY RICOTTA DESSERT CRÈME

*Makes 2 servings*

Ingredients

1 cup reduced-fat ricotta cheese

2 tablespoons honey

Finely grated zest of 1 lemon

2 to 3 drops almond extract, to your taste

Fresh berries of your choice

Place all the ingredients except the berries in a blender, cover, and blend on medium speed until smooth. Refrigerate for 1 hour, then spoon over the berries and serve. Adapted from:

<http://www.epicurious.com/recipes/food/views/easy-ricotta-dessert-creme-14948>

### CHOCOLATE RICOTTA MOUSSE

*Makes 4 servings*

Ingredients

15-ounce container reduced-fat ricotta (about 2 cups)

2 tbsp confectioners' sugar

4 oz semisweet chocolate, melted

In a food processor or blender, blend the ricotta, sugar, and melted chocolate until smooth.

Divide among small bowls, and top with the shaved chocolate. (The mousse can be refrigerated until ready to serve, up to 2 days. Bring to room temperature before serving.) Adapted from: <http://www.realsimple.com/food-recipes/browse-all-recipes/chocolate-ricotta-mousse>