

Fun Food News



* Milk and foods like yogurt and cheese provide children with calcium to make strong bones. Fat free and 1% low fat milk have all of the calcium, vitamin D, protein, and other nutrients found in other kinds of milk.

* Babies less than one year old should drink breast milk or iron-fortified formula. Children ages one to two years old should drink whole milk. After age two, it's best for children to drink fat free or 1% low fat milk like others in their family.

* Visit www.MyPyramid.gov to find out about other foods, like fat free or low fat cheese and yogurt. These foods have all the goodness of milk. Look on this website for lists of other foods to eat if you don't drink milk because of lactose intolerance or other reasons.



How much fat free or 1% low fat milk each day?

- Boys and Girls, 2-8 years old: 2 cups
- Boys and Girls, 9-18 years old: 3 cups
- Men and Women, 19 years old and older: 3 cups

FIND WHAT'S DIFFERENT BETWEEN THESE TWO PICTURES.



ANSWERS: 1. BASKETBALLS 2. BOBBY B'S PANTS 3. TWO CACTI 4. JUNGLE GYM BAR 5. SANTI'S PANTS 6. GRAPES ON TABLE 7. BALANCING APPLE 8. 1% ON MILK

MUNCHY PEACH PARFAIT

Makes 2 servings

INGREDIENTS:

- 1/2 cup canned peach slices or other canned fruit, lightly drained
- 1 cup 1% low fat or fat free vanilla yogurt
- 1/2 cup dry cereal (Can use any WIC cereal)

DIRECTIONS:

1. Wash hands thoroughly with warm water and soap.
2. Layer peaches or other canned fruit, yogurt, and cereal in a glass or cup.
3. Serve right away or cover and refrigerate until ready to eat.



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Nutrition information per serving: calories, 172; carbohydrates, 34 g; protein, 6 g; fat, 2 g; saturated fat, 1 g; cholesterol, 7 mg; fiber, <5 g; sodium, 140 mg; calcium, 210 mg; percent calories from fat, 10 %.

RAINBOW SHAKE

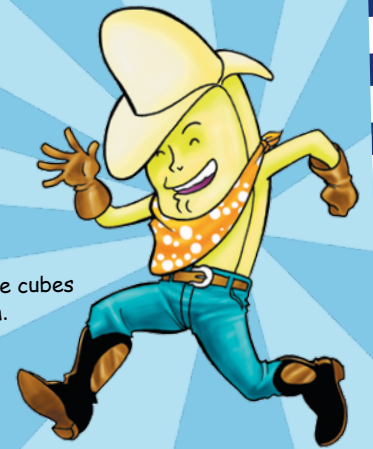
Makes 1 serving

INGREDIENTS:

- 1/2 cup orange, pineapple, grape or any fruit juice
- 1/2 banana, cut up
- 3 tablespoons nonfat dry milk powder
- 2 ice cubes

DIRECTIONS:

1. Wash hands thoroughly with warm water and soap.
2. Combine fruit juice, banana, dry milk powder, and ice cubes in a blender container. Cover and blend until smooth.
3. Serve immediately.



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Nutrition information per serving: calories, 155; carbohydrates, 34 g; protein, 6 g; fat, <5 g; saturated fat, <5 g; cholesterol, 2 mg; fiber, 2 g; sodium, 74 mg; calcium, 175 mg; percent calories from fat, 2%.

BANANA-WALNUT OATMEAL

Makes 2 servings

INGREDIENTS:

- 1 cup fat free milk
- 3/4 cup water
- 1 cup quick oats
- 1 very ripe banana, mashed
- 1 tablespoon chopped walnuts*
- 1 tablespoon maple syrup

DIRECTIONS:

1. Wash hands thoroughly with warm water and soap.
2. In a small saucepan, combine milk and 3/4 cup of water.
3. Heat over medium heat until steaming hot, but not boiling.
4. Add oats and cook, stirring until creamy, 1 to 2 minutes.
5. Remove the pan from the heat and stir in mashed banana and 1 tablespoon maple syrup.
6. Divide between 2 bowls, garnish with walnuts and a little more maple syrup and serve.

*Do not give nuts to children under three years old due to risk of choking.

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Nutritional analysis per serving: calories, 293; carbohydrate, 54 g; protein, 11 g; fat, 6 g; saturated fat, <1 g; cholesterol, 2 mg; fiber, 5 g; sodium, 66 mg; percent calories from fat, 16%; daily value: 18% calcium. Recipe provided by the National Milk Promotion Board.



Shopping Tips*



- * Buy fat free or 1% low fat milk.
- * Choose gallon containers of milk.
- * Pick the least expensive milk.

Tips*

- * Drink fat free or 1% low fat milk with every meal.
- * Switch to fat free milk gradually. Start with 2% reduced fat milk, try 1% low fat, and then move to fat free milk.
- * Serve fat free or 1% low fat yogurt for a snack.
- * Use fat free or 1% low fat milk to make soups or hot cereal.
- * Walk, play ball, or dance with your kids every day.

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For more recipes:

(800) 695-3335 or WWW.EATWELLBEWELL.ORG

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call the DES hotline at 1-800-352-8401. This institution is an equal opportunity provider and employer.