



Enjoy Nebraska Foods!

Alice Henneman, RD, Extension Educator

Here's a creative way to eat a serving of milk AND dessert at the same time during June Dairy Month. The following recipe is courtesy of 3-A-Day of Dairy (www.3aday.org) and provided by Jennifer Meyer, RD, LMNT, program director, Dairy Council of Nebraska.

MVP Pudding with Milk

(Makes 6 servings • Prep time: 10 minutes)

4 cups 1% lowfat milk
2 packages (4-serving size) vanilla regular pudding
1 cup of 1-inch lowfat brownie pieces (using fat-free or lowfat brownie mix)
2 cups sliced strawberries
1 cup blueberries

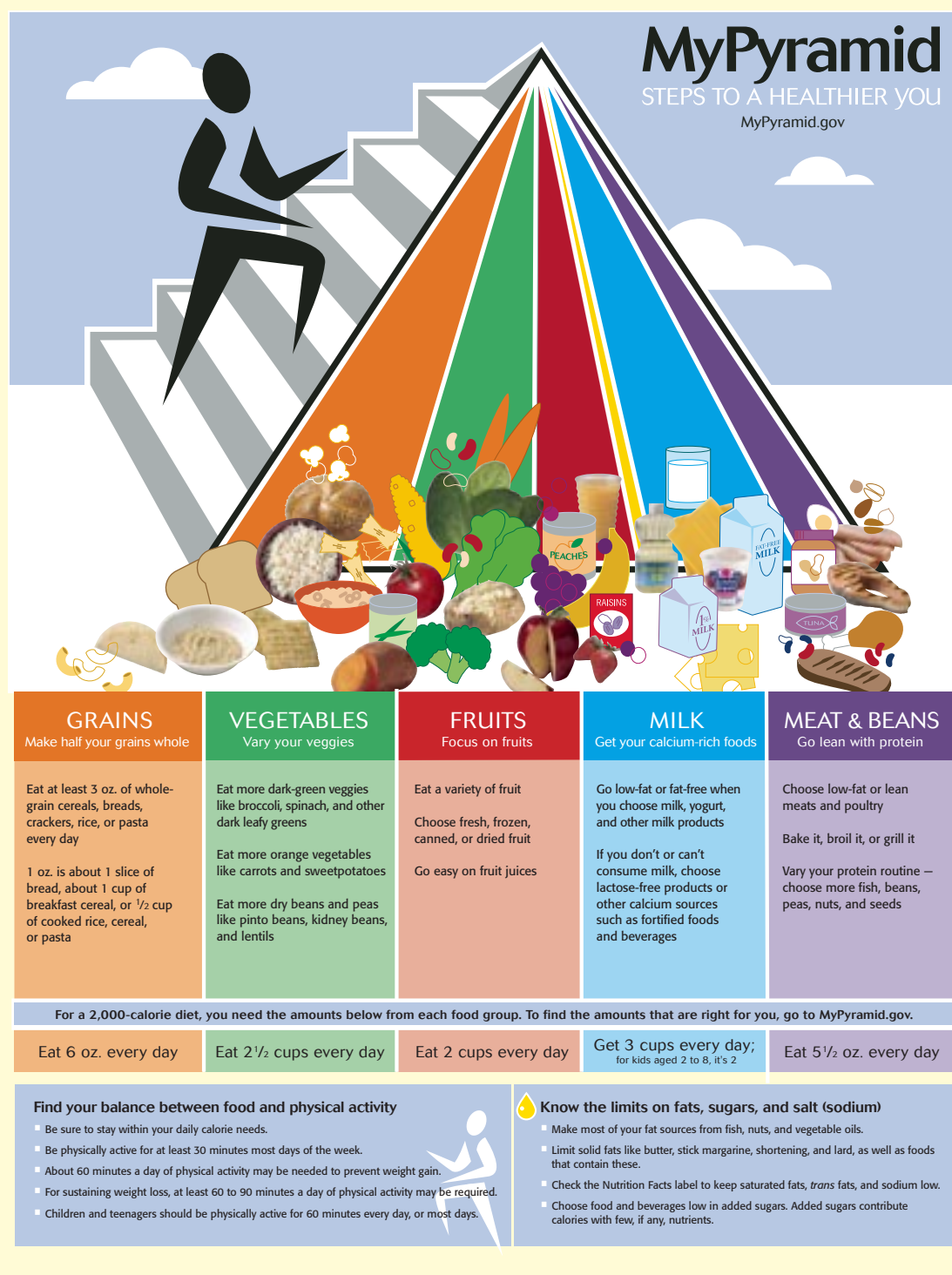
Add milk to pudding mix and prepare according to directions on box (instant pudding may be substituted). Place half of the brownie pieces on the bottom of a medium glass bowl and layer with half of the vanilla pudding, 1 cup of strawberries and ½ cup of blueberries. Repeat layers with remainder of the ingredients. Serve immediately or cover and refrigerate.

Note: If fresh berries are unavailable, you can substitute frozen berries, thawed.

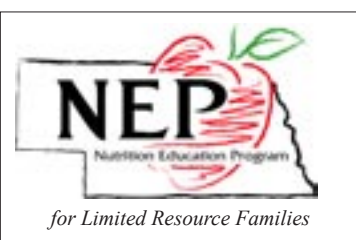
Nutritional facts per serving for individual food recipe: Calories: 293; Total Fat: 9 g; Saturated Fat: 2 g; Cholesterol: 8 mg; Sodium: 304 mg; Calcium: 20% Daily Value; Protein: 9 g; Carbohydrates: 49 g; Dietary Fiber: 3 g.

MyPyramid: The Basics

The new MyPyramid Plan can help you choose the foods and amounts right for you. The basic recommendations for a 2,000 calorie diet are given below. For a quick estimate of what and how much you need to eat, visit <http://MyPyramid.gov> and enter your age, sex and activity level in the MyPyramid Plan box.



Water is a Nutrient, Too



Did you know there is more water in your body than anything else? More than half of your body weight is water. Water is an essential nutrient because your body cannot make enough to survive. You can only live three to four days without water.

Over half of the water you need comes from liquids you drink and over a third comes from food you eat. It is important to drink enough water a day to maintain a healthy level of hydration. Thirst is a sign of dehydration, so don't wait until you are thirsty to take a drink.

Water performs several functions in the body:

- Serves as the transportation system for all body functions.
- Bathes your joints so they move smoothly. Your brain, eyes and spinal cord depend on water for protection.
- Keeps food moving through your intestinal tract. It washes out waste products and prevents constipation.
- Regulates your body's temperature.

How Much Water do You Need Everyday?

The new 2005 Dietary Guidelines recommend: "The combination of thirst and normal drinking behavior, espe-

cially the consumption of fluids with meals, is usually sufficient to maintain normal hydration. Healthy individuals who have routine access to fluids and who are not exposed to heat stress consume adequate water to meet their needs. Purposeful drinking is warranted for individuals who are exposed to heat stress or perform sustained vigorous activity."

"Two steps that help avoid dehydration during prolonged physical activity or when it is hot include:

- (1) consuming fluid regularly during the activity, and
- (2) drinking several glasses of water or other fluid after the physical activity is completed," according to the guidelines.

Food Sources of Water

Daily water needs are met through both drinking water and consuming foods that contain water. Some food sources of water include:

- At least 90 percent of lettuce, celery and other crisp vegetables is water.
- Fluids such as milk, 100 percent fruit juices and clear soups are good sources of water.
- Grain products such as pasta may be up to 1/3 water.

Fats, such as butter or margarine, contain the least amount of water. Alcoholic and caffeinated beverages (coffee and pop) are poor sources of water because they increase urine production.

Source: Adapted from Nebraska Nutrition Education Program fact sheet.

June is Dairy Month

MyPyramid Recommendations for Dairy Foods

The new MyPyramid Food Guidance System (MyPyramid.gov) recommends we consume 3 cups of low-fat or fat-free milk — or an equivalent amount of low-fat yogurt (1 cup yogurt equals 1 cup of milk) and/or low-fat cheese (1½ ounces of natural cheese and 2 ounces of processed cheese equals 1 cup of milk) — every day. For children aged 2 to 8, it's 2 cups of milk.

Tips for Making Wise Choices

- Include milk as a beverage at meals. Choose fat-free or low-fat milk.
- If you usually drink whole milk, switch gradually to fat-free milk, to lower saturated fat and calories. Try reduced fat (2%), then low-fat (1%), and finally fat-free (skim).
- If you drink cappuccinos or lattes — ask for them with fat-free (skim) milk.
- Add fat-free or low-fat milk instead of water to oatmeal and hot cereals.
- Use fat-free or low-fat milk when making condensed cream soups (such as cream

- of tomato).
- Have fat-free or low-fat yogurt as a snack.
- Make a dip for fruits or vegetables from yogurt.
- Make fruit-yogurt smoothies in the blender.
- For dessert, make chocolate or butterscotch pudding with fat-free or low-fat milk.
- Top cut-up fruit with flavored yogurt for a quick dessert.
- Top casseroles, soups, stews or vegetables with shredded low-fat cheese.
- Top a baked potato with fat-free or low-fat yogurt.

Keep it Safe to Eat

- Avoid raw (unpasteurized) milk or any products made from unpasteurized milk.
- Chill (refrigerate) perishable food promptly and defrost foods properly. Refrigerate or freeze perishables, prepared food and leftovers as soon as possible. If food has been left at temperatures between 40 and 140 F for more than two hours, discard it, even though it may look and smell good.
- Separate raw, cooked and ready-to-eat foods.

For Those Who Do Not Consume Dairy

- If you avoid milk because of lactose intolerance, the most reliable way to get the health benefits of milk is to choose lactose-free alternatives within the milk group, such as cheese, yogurt or lactose-free milk, or to consume the enzyme lactase before consuming milk products.
 - Calcium choices for those who do not consume milk products include:
 - Calcium fortified juices, cereals, breads, soy beverages or rice beverages.
 - Canned fish (sardines, salmon with bones) soybeans and other soy products (soy-based beverages, soy yogurt, tempeh), some other dried beans and some leafy greens (collard and turnip greens, kale, bok choy).
- For more information about non-dairy calcium sources: www.health.gov/dietary-guidelines/dga2005/document/html/appendixB.htm

Source: http://mypyramid.gov/pyramid_milk_tips.html