

Nebraska Extension in Lancaster County  
444 Cherrycreek Road, Ste. A, Lincoln, NE 68528  
402-441-7180

<http://lancaster.unl.edu>

Email: [lancaster@unl.edu](mailto:lancaster@unl.edu) • Fax: 402-441-7148

Join us on Twitter, Facebook, YouTube, Flickr and  
Pinterest at <http://lancaster.unl.edu/media>

Lancaster Extension Education Center Conference Facilities  
444 Cherrycreek Road, Lincoln



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

Nebraska Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

We assure reasonable accommodation under the Americans with Disabilities Act; for assistance call 402-441-7180.

**UNIT LEADER & EXTENSION EDUCATOR**

Karen Wobig

**ADMINISTRATIVE SERVICES OFFICER**

Jenny DeBuhr

**EXTENSION EDUCATORS**

Tracy Anderson, Sarah Browning, Kayla Colgrove, Jaci Foged, Emily Gratopp, Jody Green, Alyssa Havlovic, Kristen Houska, Tyler Williams

**EXTENSION ASSOCIATES**

Soni Cochran, Mary Jane Frogge, Kristin Geisert, Dana Hardy, Becky Schuerman, Mindy Vyhnaelek, Jim Wies

**EXTENSION ASSISTANTS**

Tala Altaji Alfarouki, Morgan Battes, Kyleah Bowder, Calvin DeVries, Courtney Eitzmann, Brie Frickenstein, Meredith Hein, Vicki Jedlicka, Kate Pulec

**SUPPORT STAFF**

Shannon Boyer, Deanna Covault, Heather Odoski, Konnie Robertson, Chris Rosenthal, Karen Wedding

**NEBLINE**

The NEBLINE is published monthly (except December). It is mailed to nearly 11,000 households in Lancaster County. E-newsletter and PDF versions are online at <http://lancaster.unl.edu/nebline>.

Copyright ©2019

Photo on front page flag and page headers by PRANGE Aerial Photography

NEBLINE articles may be reprinted without special permission if the source is acknowledged as "Nebraska Extension in Lancaster County NEBLINE." If the article contains a byline, please include the author's name and title.

Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the University of Nebraska-Lincoln is implied.

The Nebraska Library Commission's Talking Book and Braille Service records the NEBLINE for individuals with a visual or physical condition or a reading disability which limits use of regular print. For more information, go to [www.nlc.nebraska.gov/tbbs](http://www.nlc.nebraska.gov/tbbs) or call 402-471-4038 or 800-742-7691.

**NEBLINE subscriptions**

You can manage your subscriptions at <http://lancaster.unl.edu/nebline> or mail this form to Nebraska Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528

**NEBLINE FREE E-NEWSLETTER:**

Add my email address  Remove my email address

**NEBLINE IN THE MAIL:**

Add my address  Remove my address  Change of address

Subscriptions to the NEBLINE via mail are free to Lancaster County residents. There is an annual \$5 mailing and handling fee to addresses in zip codes other than 683-, 684-, 685-, 68003, 68017 and 68065.

Name \_\_\_\_\_

Street address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Email address \_\_\_\_\_

Phone \_\_\_\_\_

We will only use your phone number in case there is a problem with your address.

**Are You Drinking or Eating Enough Dairy Foods for the Health Benefits?**

Kayla Colgrove, MS, RDN, ACSM-CPT  
Extension Educator,  
Lancaster County

Did you know June is National Dairy Month? It is a great time to learn more about dairy foods and how they fit into a healthy-eating pattern.

All age groups except for young children 1-3 years old are below the recommended intake for dairy foods according to the 2015-2020 Dietary Guidelines for Americans. Dairy provides many health benefits, so it is important to add more fat-free and low-fat dairy foods to your meals and snacks.

**Dairy is Nutritious**

Milk is the foundation for all dairy foods and only has three ingredients. It is a nutrient powerhouse by containing nine essential nutrients.

Milk is well-known for having calcium that helps build bones and teeth and maintains bone mass. Milk and yogurt provide potassium, which may help to maintain healthy blood pressure. Vitamin D is added to milk to help the body work with calcium and phosphorus to help build and maintain bones. Protein helps build and maintain healthy muscles and bones.

Dairy products are one of the most affordable sources of nutrition and has been linked to improved bone health.

**How Much Dairy Foods Do I Need Daily?**

The amount of dairy foods you need to eat daily depends on your age. Older children, teens and adults need 3 cups of dairy foods per day, while children 4-8 years old need 2-1/2 cups



for Americans does not count "milks" made from plants such as almond, coconut and rice as part of the dairy group because their overall nutrient content is not similar to dairy milk and fortified soymilk.

**6 Ways to Add More Fat-free or Low-fat Dairy Foods**

- Eat cereal with fat-free or low-fat milk.
- Mix fat-free or low-fat milk with your oatmeal.
- Top a baked potato with low-fat yogurt instead of sour cream.
- Make a yogurt parfait by layering fat-free or low-fat vanilla yogurt with fresh fruit and topped with a whole grain cereal.
- Drink a glass of fat-free or low-fat milk with a meal.
- If you cannot drink milk due to being lactose intolerant, try yogurt, lactose-free milk or fortified soymilk to help get your calcium.

**Sources:**

- 2015-2020 Dietary Guidelines for Americans. U.S. Department of Health and Human Services and U.S. Department of Agriculture; <https://health.gov/dietaryguidelines/2015/guidelines>
- Midwest Dairy. Dairy Nutrition; <https://bit.ly/22W0QwT>
- Choose MyPlate. Dairy Group. USDA Center for Nutrition Policy and Promotion; [www.choosemyplate.gov](http://www.choosemyplate.gov)

and children 2-3 years old need 2 cups.

Generally, 1 cup of milk, yogurt or soymilk, 1-1/2 ounces of natural cheese or 2 ounces of processed cheese counts as 1 cup from the Dairy Group. Cream cheese, cream and butter are not part of the dairy food group since they contain little or no calcium and are higher in saturated fat.

**Comparing Cow's Milk with Milk Alternatives**

Reading the Nutrition Facts label is important to compare food choices in order to select the healthier option. The table below shows how the calories, protein, fat and carbohydrates in cow's milk compares to milk alternatives.

Many people do not realize the nutrient profile varies between each type of milk and milk alternative. The 2015-2020 Dietary Guidelines

**Nutrient comparison of cow's milk vs. milk alternatives**

Calories and Nutrients	Cow's Milk (Low-Fat)	Soy	Almond	Coconut	Rice
Calories	110	110	60	80	120
Protein	8g	8g	1g	<1g	1g
Fat	2.5g	4.5g	2.5g	5g	2.5g
Carbohydrates	12g	9g	8g	7g	23g

Source: National Dairy Council. What's in your glass? <https://bit.ly/2vufaDW>

**RECIPE OF THE MONTH**

Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator, Lancaster County

I'm highlighting this recipe by Cami Wells, Extension Educator in Hall County, because the recipe includes low-fat milk and yogurt, which is a great way to add more dairy foods into your day. Cami adapted the recipe from the USDA Mixing Bowl's Banana Split Oatmeal recipe.

**FRUIT AND YOGURT OATMEAL**

(Makes 2 servings)

- 1/3 cup oatmeal (dry, quick-cooking)
- 3/4 cup low-fat milk or water
- 1/2 cup strawberries, sliced bananas or other fruit, washed
- 1/2 cup low-fat yogurt or frozen yogurt

1. Wash hands with soap and water. In a microwave-safe cereal bowl, mix together the oatmeal and the milk or water.
2. Microwave on high power for 1 minute. Stir. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
3. Top with fruit and yogurt.

Nutrition Facts Per Serving: Calories 153, Total Fat 1.2g, Sodium 220mg, Total Carbohydrate 28g, Sugars 18g, Protein 8g. Nutrition information will change if substitutions are used.



Cami Wells, Nebraska Extension in Hall County