



# Food Group Focus: Get Your Calcium-rich Foods

Milk and milk products contain nutrients that are vital for health and maintenance of your body. Foods from the milk group provide calcium, vitamin D, potassium and protein. The USDA's *MyPyramid* recommends that you choose fat-free or low-fat choices from the milk group everyday.

## Low-Fat Dairy Choices

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<p><b>Fluid Milk</b></p> <ul style="list-style-type: none"> <li>Fat-free or 1%</li> </ul> <p><b>Yogurt</b></p> <ul style="list-style-type: none"> <li>fat-free or low-fat</li> </ul> <p><b>Desserts</b></p> <ul style="list-style-type: none"> <li>Frozen Yogurt</li> <li>Pudding (made with fat-free or low-fat milk)</li> </ul>	<p><b>Cheese</b></p> <ul style="list-style-type: none"> <li>Mozzarella (made with part-skim milk)</li> <li>Fat-free or low-fat cheddar or other hard cheese</li> <li>Ricotta cheese (low-fat or fat free)</li> <li>Cottage cheese (low-fat or fat-free)</li> </ul>

- If you choose milk, yogurt or other milk products that are not fat-free or low-fat, the fat in the product counts as part of the discretionary (extra) calorie allowance. To learn more about discretionary calories, go to [www.mypyramid.gov](http://www.mypyramid.gov).
- If sweetened milk products are chosen (flavored milk, yogurt, drinkable yogurt, desserts), the added sugars also count as part of the discretionary (extra) calorie allowance. To learn more about discretionary calories, go to [www.mypyramid.gov](http://www.mypyramid.gov).

## How Much Do I Need?

The amount of milk and milk products you need each day depends on your age, gender and activity level. Look at the chart below to find the recommended amount for you.

Age		Daily Recommendation*
		(cups) Total Daily
Children	2 to 3 years	2
	4 to 8 years	2
Girls	9 to 13 years	3
	14 to 18 years	3
Boys	9 to 13 years	3
	14 to 18 years	3
Women	19 – 30 years	3
	31 – 50 years	3
	51+ years	3
Men	19 – 30 years	3
	31 – 50 years	3
	51+ years	3

\*Amounts are for those who get less than 30 minutes per day of moderate physical activity beyond normal daily activities. You may need more grains depending on higher amounts of physical activity. Visit [www.mypyramid.gov](http://www.mypyramid.gov) for more information.

## What Counts As A Cup in the Milk Group?

Food	One Cup is Equal to:
<b>Milk</b> (choose fat-free or low-fat most often)	<ul style="list-style-type: none"> <li>▪ 1 cup</li> <li>▪ ½ pint container</li> <li>▪ ½ cup evaporated milk</li> </ul>
<b>Yogurt</b> (choose fat-free or low-fat most often)	<ul style="list-style-type: none"> <li>▪ 1 cup</li> </ul>
<b>Cheese</b> <ul style="list-style-type: none"> <li>▪ Hard cheeses (cheddar, mozzarella, swiss, parmesan)</li> <li>▪ Shredded Cheese</li> <li>▪ Processed cheese (American slices)</li> <li>▪ Ricotta cheese</li> <li>▪ Cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>▪ 1½ ounces</li> <li>▪ 1/3 cup</li> <li>▪ 2 ounces</li> <li>▪ ½ cup</li> <li>▪ 2 cups</li> </ul>
<b>Milk-Based Desserts</b> <ul style="list-style-type: none"> <li>▪ Pudding</li> <li>▪ Frozen Yogurt</li> <li>▪ Ice cream</li> </ul>	<ul style="list-style-type: none"> <li>▪ 1 cup</li> <li>▪ 1 cup</li> <li>▪ 1½ cups</li> </ul>

### Milk Group: GO, SLOW, WHOA

An easy way to make smart and nutritious choices within each food group is to use the “Go, Slow, Whoa” concept. **GO** foods are the most “nutrient dense.” **SLOW** foods are higher in calories, fat and sugar than **GO** foods. **WHOA** foods may be high in calories, fat and sugar and offer little nutritional value.

Food Group	<b>GO</b> Eat almost anytime, based on calorie needs	<b>SLOW</b> Eat sometimes, at most several times a week	<b>WHOA</b> Eat only once in a while or on special occasions
<b>Milk</b>	Fat-free or 1% milk, fat-free or low-fat yogurt, part-skim, reduced fat, and fat-free cheese, low-fat or fat-free cottage cheese.	2% low-fat milk Processed cheese spread, frozen yogurt, flavored milk	Whole milk, full-fat cheeses like American, Swiss, or Cheddar, whole milk yogurt, ice cream,

Turn learn more about “Go, Slow Whoa Foods,” visit <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/live-it/go-slow-whoa.htm>



## Tips To Get Your Calcium-Rich Foods

### For Breakfast

- Add fat-free or low fat milk instead of water to oatmeal and hot cereals.
- Top low-fat yogurt with frozen fruit and granola.

### For Lunch

- Top a baked potato with low-fat plain yogurt or cottage cheese.
- Use fat-free or low-fat milk when making condensed cream soups (such as cream of tomato).
- Sweetened up low-fat plain yogurt with fresh or frozen fruit.

### For Dinner

- Top casseroles, soups, stews, or vegetables with shredded low-fat cheese.
- For dessert, make chocolate or butterscotch pudding with fat-free or low-fat milk.

### For Snacks

- Make a dip for fruits and vegetables using yogurt cheese (drain low-fat yogurt and add seasoning).
- Whip up a fruit and yogurt smoothie in a blender.
- Munch on low-fat string cheese or low-fat cheese wedges.

### Three-Cheese Noodle Bake

2 cups uncooked cholesterol-free or regular noodles	3 Tbsp. grated Parmesan cheese
1 cup calcium fortified cottage cheese	½ tsp. Worcestershire sauce
¾ cup shredded reduced-fat Cheddar cheese (3 oz)	1/8 tsp. pepper
½ cup fat-free yogurt (mixed with 1 tsp. flour)	2 egg whites
1/3 cup chopped green onions (about 3 medium)	1 egg

1. Heat oven to 350°. Grease square baking dish, 8x8x2 inches.
2. Cook noodles as directed on package; drain. Mix noodles with other ingredients. Spread in baking dish.
3. Bake uncovered 30 to 35 minutes or until center is set and edges are golden brown. Let stand 5 minutes.

Makes 4 servings. NUTRITION FACTS *per serving*: 239 calories, 7gm fat, 23gm protein, 21gm carbohydrates, 1gm fiber, 91mg cholesterol, 425 mg calcium, 1.5 6mg Iron, 754 mg sodium.

### Strawberry Banana Smoothie

1 cup nonfat or low fat vanilla yogurt	½ cup orange juice
1 cup frozen, unsweetened strawberries, slightly thawed	1 banana, sliced

Place all ingredients in a deep cup or pitcher and using a hand held blender, blend until smooth. Or... Place all ingredients in a blender and blend until smooth.

**Makes 2 servings.** *Per serving*: 201 calories, 7 gm protein, 42 gm carbohydrates, 2 gm fat, 4 gm fiber, 6 mg cholesterol, 210 mg calcium, 0.6 mg iron, 76 mg sodium.

## Yogurt-Cheese Recipes

### How Do I Make Yogurt Cheese?

Begin with plain yogurt that does not contain starch, gums or gelatin. Line a colander with a double thickness of cheesecloth or place a coffee filter in a colander. Set over a large bowl. Spoon in yogurt, cover with plastic wrap and refrigerate overnight. Transfer the cheese to a separate container. Discard the liquid. Six cups of yogurt makes about 2 cups of yogurt cheese. Yogurt cheese can be stored in the refrigerator, covered, for about 1 week.

For more information about yogurt cheese and additional recipes, visit [www.yochee.com](http://www.yochee.com)

### Avocado-Yogurt Dip

*Try this lighter version of the traditional guacamole. By substituting yogurt adds calcium:*

1 cup yogurt cheese (made from nonfat yogurt)	1 clove garlic, minced
3 Tbsp. cilantro, chopped	2 tsp. jalapeno pepper, chopped
1 tsp. cumin, toasted	1 avocado

- Make yogurt cheese by draining 3 cups of plain yogurt overnight. See directions above.
- Blend all ingredients in food processor until smooth.
- Serve with tortilla chips

*Makes 24 tablespoons. Per tablespoon: 21 calories, 3 gm protein, 1 gm fat, 2 gm carbohydrate, 0 mg cholesterol, 0 gm fiber, 0.21mg iron, 16 mg calcium, 8 mg sodium.*

### Spinach Dip

1 32 ounce container of plain yogurt (fat free) to make yogurt cheese	
1 package Knorr Vegetable Soup Mix	1 box chopped spinach (thawed)
1 can water chestnuts, sliced	2 tablespoons low fat mayonnaise

Mix yogurt cheese, mayonnaise and soup mix in a large bowl. Drain thawed spinach well, squeezing out any excess moisture. Add to yogurt mixture. Chop water chestnuts and add to yogurt mixture. Refrigerate for several hours before serving. Serve with favorite veggies, whole wheat crackers or party rye.

**Makes about 24 servings.** *Serving size 2 tablespoons. Per serving: 31 calories, <1gm fat, 2 gm pro, 4 gm carbohydrate, < 1 gm fiber, 2 mg cholesterol, 1.88 mg iron, 89 mg calcium, 72 mg sodium.*

### Herbed Yogurt Cheese

2 cups yogurt cheese (made from nonfat yogurt)	1 clove garlic, minced
2 scallions, trimmed and minced	½ teaspoon salt
1 tablespoon chopped fresh basil, or 1/2 tsp. dried	¼ teaspoon freshly ground black pepper
2 tablespoons chopped fresh parsley (plus leaves for garnish)	

In a medium bowl, blend together yogurt cheese, scallions, parsley, basil, garlic, salt and pepper with a wooden spoon. (The cheese can be prepared ahead and stored, covered, in the refrigerator for up to 2 days.)

**Makes 2 cups.** *Per tablespoon: 25 calories, 3 gm protein, 0 gm fat, 3 gm carbohydrate, 66 mg sodium, 1 mg cholesterol.*